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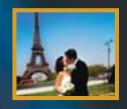
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MARK THE MOMENT

BIG FAT
INDIAN WEDDING
PERRY, BRAND
NUPTIALS NEAR (page 33)



TOO POSH?
BECKHAM UNDER
FIRE OVER DESIGNS
DISH (page 40)

OTTAWA

Weekend, October 22-24, 2010

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SEE PAGE 6
FOR DETAILS!

Williams gets 2 life sentences

• The Crown didn't seek dangerous offender status, saying it was 'superfluous' given the killer's punishment and would only prolong the suffering of families



The unprecedented, sadistic crimes of convicted sex killer Col. Russell Williams have earned him a place among the worst criminals Canada has ever seen, court heard Thursday as the final chapter in the shocking case drew to a close.

"The depths of the depravity demon-

strated by Russell Williams had no equal," Ontario Superior Court Justice Robert Scott said as he sentenced the once-decorated officer to two concurrent life sentences with no possibility of parole for 25 years.

Williams, 47, is now in Kingston Penitentiary, home to some of the country's

most notorious criminals — including schoolgirl killer Paul Bernardo.

Williams' descent began with a string of disturbing fetish break-ins in 2007 that escalated to sexual assaults and culminated in the killings of Cpl. Marie-France Comeau and Jessica Lloyd. THE CANADIAN PRESS

Movies

Kick back for the weekend

One more cut for Saw
The top five viral-turned-big-screen sensations
Movie reviews, weekend showtimes and more {pages 25-30}

Aspiring caterers, take note





RCMP shake up management

Deputy czars appointed in Eastern, Western Canada (page 20)

Compensation for exonerated

Man was wrongfully convicted of killing niece {page 18}

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On the web at metronews.ca

Style columnist Kenya Hunt wades through the ritual of winter coat shopping. More at metronews.ca/ kenyasstyle





National Ballet triple play on until Saturday The National Ballet of Canada performs contemporary ballets by three choreographers through Saturday. Among the works are 24 Preludes and Emergence, choreographed by Canadians Marie Chouinard and Crystal Pite

O'Brien to Watson: 'Suck it up, princess'

A few shots aside, professor doesn't think mayoral campaign has been overly dirty • Tone of campaign gets mixed reviews • Candidates to make final blitz of appearances

Monday's election nears, mayoral candidates are making their final pitch to voters, and reflecting on the campaign.

While candidates occasionally lashed out at each other - and Mayor Larry O'Brien's campaign was criticized for automated phone messages attacking opponents — Caroline Andrews, a political science professor at the University of Ottawa, rates the level

"I've certainly heard from a number of residents ... that they appreciate the fact that ... my message is positive, and I'm picking up some support as a result of staying on the high road."

MAYORAL CANDIDATE IIM WATSON

of nastiness about average.

"I don't think it was a very personalized campaign, but I thought it would actually be even less so than it was, she said.

"I was a little surprised

that they did as much attacking of each other as

they did."
"I've always run my campaign on ideas and what I hope to do," said Clive Doucet. "And

haven't had much mud slung in my direction, so it's been fine for me."

Jim Watson was less happy with the tone of some campaigns.
"I was disappointed

when a couple of the candidates started to go quite negative in the last couple of weeks. I'm certainly picking up at the door that that's backfiring on them. People get turned off by negativity," he said.

Mayor O'Brien, for one, was unapologetic.

"Remember, Jim has been spending the last two years badmouthing me," he said.

"It was really negative

all along, so it's a little rich when he starts getting a few hits back and starts to whine like a little girl. What I would like to say to him is, 'Suck it up, princess.

STEVE COLLINS



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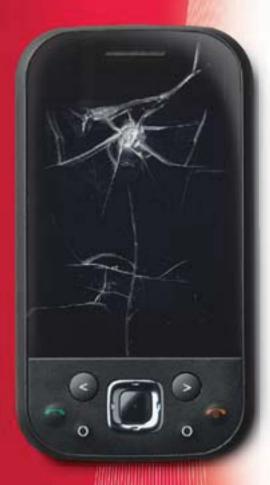
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LAW AND ORDER

Cop faces assault charge

An Ottawa police officer faces assault charges from the Durham Regional Police.

An Ottawa police sergeant was charged with assault earlier this week, Ottawa police said Thursday. Police said the charge stems from an in-

cident that occurred on July 31 in Whitby, Ont., when the officer was off duty.

The Ottawa police professional standards section has begun an investigation into this matter and police said charges may be laid under the Police Services Act once the criminal matter is completed.

Sgt. Harold Dent's first appearance is scheduled for Friday, Nov. 12, at an Oshawa courtroom.

TRACEY TONG



Protest against poison

Animal rights activists gathered outside Confederation Park to protest rat poison in the park to control a recent rat problem. Members of the Ottawa Animal Defence League said the National Capital Commission is poisoning rats, subjecting them to slow, painful deaths. The group later took their protest to the NCC headquarters on Elgin Street.

Metal tree newest mount at gallery

One Hundred Foot Line joins sculptures Maman and Black Nest



The National Gallery of Canada Thursday unveiled two new attractions for fall, One Hundred Foot Line, an outdoor sculpture by contemporary American artist Roxy Paine, and an exhibit of 50 works by Canada's Carl Beam on canvas, ceramic, video and more.

One Hundred Foot Line, a 30.5-metre-high branchless tree composed of stainless steel pipes, is from a series of works Paine calls Dendroids. The National Gallery purchased it earlier this year and decided to place it behind the gallery on Nepean Point, a park owned by the National Capital Commission, which collaborated on the installation.

"I haven't been able to take my eyes off it since I've arrived," said NCC chair Marie Lemay of the "I ask viewers to play the participatory game of dreaming ourselves as each other. In this way we find out that we're all basically human."

CARL BEAM (1943-2005)

sculpture. "I've seen it touching the clouds and now I see it shining just on beautiful blue background. It is breathtaking."

Beam, a First Nations artist who died in 2005, is credited with helping to combine an Anishinaabe aesthetic with contemporary art.

"He was both an intellectual and a philosophical bridge-builder between different cultures," said NGC director Marc Mayer.



News in brief

Cops seek two in store heist

ROBBERY. Police are seeking public assistance in locating two males after a jewelry store in the 100 block of Bank Street was robbed Thursday. Police seek two black males in their 20s. One of the men was armed with a handgun.

TRACEY TONG

Don't sell pass: OC Transpo

TRANSIT. OC Transpo reminds residents that the U-Pass is not for sale. Offenders caught trying to sell the pass can face a heavy fine and have their pass confiscated, the City of Ottawa stated in a release. The U-Pass pilot project provides university students unlimited access to transit until April 2011.

TRACEY TONG

Give away unwanted stuff

community. One person's trash is another person's treasure. The city's Fall Give Away Weekend, held Saturday and Sunday, is a way to give your unwanted household goods new life. Set books, CDs, DVDs, furniture and small appliances and kitchenware out at the curb with a sign or label indicating that they are free

TRACEY TONG

Cops: No gun at west-end school

responded to a gun call at a west-end school Thursday afternoon. At 2:16 p.m., Ottawa police officers, including members of the tactical unit, attended a school on Seyton Drive. After interviewing a number of people, police determined that there was no gun in the school. There were no injuries.

TRACEY TONG

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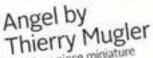
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Bike advocates happy cycling becomes issue

Cycling has not been a major issue during the current municipal election, but the president of Citizens for Safe Cycling is nonetheless "thrilled to see candidates and voters taking cycling seriously in this campaign."

Sleep Therapy

"We've witnessed a sea of change." HANS MOOR, PRESIDENT OF CITIZENS FOR SAFE CYCLING

Hans Moor has been at the forefront of making cycling safer for the citizens of Ottawa and has reached out to every candidate for their stance on cycling safety.

Some of the ideas that Moor has put forward include converting old parking meters to bike racks and safe detours.

JOE LOFARO



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Cold, hard science

Echoes in the Ice runs at Canada Science and Technology Museum until March 20



JOE LOFARO OTTAWA@MFTRONEWS CA

The Canada Science and Technology Museum's latest exhibit, Echoes in the Ice, compares science and technology then and now.

A big focus of the exhibit is the historic collection of images, artifacts, and stories of the explorers who searched for the Northwest Passage in 1845. The entire crew of the Franklin Expedition vanished in the Arctic during their attempt to find the Passage.

Museum spokesperson Kelly Ray said visitors to the exhibit will really enjoy seeing the ancient technology and imagining the struggle the explorers



went through as they searched for the Passage.

"The stories of these explorers help define the history of the Arctic," said artist Rik van Glintenkamp, whose works are featured in the exhibit.

Echoes in the Ice runs at the museum until March 20 and then makes its way across Canada.

Event

National Science and Technology Week is an annual event celebrating Canada's science and technology history and the country's ongoing role as a world leader in innovation

- ► Launch Gov. Gen. David Johnston officially launched the event this year.
- Running until... National Science and Technology Week runs through Sunday.
- What's new There are over two dozen events taking place in Ottawa and about 200 events across the country to celebrate science and technology.



Artsies to gather for exhibition

Featuring more than 150 artists and artisans from the Ottawa area and all over Canada, the show runs at the Aberdeen Pavilion at Lansdowne Park through Sunday. Items include accessories, visual art, home accents, functional pottery and glass, leatherworks, toys and gourmet food. This is a busy weekend for Lansdowne, as the ski show is also taking place.



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HUGGIES MEGA DIAPERS Selected Types & Sizes



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Don't destroy horrific photos, experts warn

• They're key to keeping Williams locked up forever

The graphic photos and videos documenting the Williams should be preserved to ensure the convicted killer and sex offender isn't one day set free, legal experts say.

As the former commander of Canada's largest air force base was led off Thursday to begin two concurrent sentences of life in prison with no chance of parole for 25 years, the burning question of how best to handle the most disturbing evi-dence of his actions was put off for another day.

Prosecutors say will destroy the Nissan Pathfinder that tied Williams to the murder of Jessica Lloyd.

But they plan to wait a while before discussing the possibility of destroying the photo and video ev-



idence, which includes recordings of the two sex assaults and the killing of Cpl. Marie-France Comeau.

Destroying the evidence would be a bad idea, legal experts warn.

They say the images could one day prevent Williams from being granted parole, or from engaging in fancy legal footwork to secure a new trial.

John Rosen, a Torontobased criminal lawyer who once defended notorious sex killer Paul Bernardo. said it's unlikely Williams would mount an appeal of his convictions, given the fact that he pleaded guilty and appeared resigned to spending the rest of his life behind bars.

But just because a scenario is unlikely doesn't mean it can't happen, warned Rosen. Williams could change his mind at any time, he said. "What if Mr. Williams

wakes up one day and says, Wow, I just got railroaded by my lawyer,' and hires another lawyer?" Rosen asked.

"Even if you think it's open and shut, the court would be obliged to consider the appeal. THE CANADIAN PRESS



Anger explodes as students march

Riot police clashed with university students during a protest outside the Greek parliament in central Athens on Thursday. More than 1,500 students marched to protest against planned education reforms and the strict austerity measures imposed by the government in an effort to overhaul its debt-ridden economy.



Diarrhea kills at least 54 in Haiti

An outbreak of severe diarrhea in rural central Haiti has killed at least 54 people and sickened hundreds more who overwhelmed a hospital Thursday seeking treatment.

Hundreds of patients lay on blankets in a parking lot outside St. Nicholas hospital in the port city of St. Marc with IVs in their

arms for rehydration.

The president of the Haitian Medical Association, Claude Surena, said his unofficial count based on information from doctors and hospitals indicated as many as 135 people had died.

Doctors were testing for cholera, typhoid and other illnesses in the Caribbean

nation's deadliest outbreak since a January earthquake that killed as many as 300,000 people.

UN official Catherine Huck said doctors were still awaiting lab results.

The sick come from across the rural Artibonite region, which did not experience significant damage in the Jan. 12 quake. THE ASSOCIATED PRESS

What caused it?

- Some patients said they drank water from a public canal. Others said they bought purified water.
- All complained of symptoms including fever, vomiting and diarrhea
- People have been told to drink only bottled or boiled water.



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Standing in awe

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Feds cover tab for new drug law

○ Bill S-10 would send traffickers and producers to jail immediately

Correctional Services Canada says it has no idea what mandatory minimum sentences for drug crimes will do to the prison system.

But Commissioner Don Head told a Senate committee the government has agreed to cover off the

costs of implementing the new bill.

Bill S-10 is the third the Conservatives have tried to get a law in place that would see traf-fickers and producers sent immediately to prison, even those convicted of growing only six marijuana plants

But Head told the Senate committee studying the bill there isn't enough information to figure out whether the bill would have a deterrent effect or merely swell prison populations.

Part of the new bill will also impose mandatory minimums for those caught trying to sell drugs behind bars

THE CANADIAN PRESS



Months you can't skip

Canada's top women curlers are in the news again. They star in a fundraising wall calendar available at womenofcurlingcalendar.com. Among those featured are Jill Officer and five-time national champion skip Colleen Jones.

Human smuggling bill sparks outcry

The federal Tories want the power to declare a "human smuggling event" that would impose harsh conditions on asylumseekers who show up on Canada's shores.

In a bill tabled Thursday, the government proposes giving the federal minister of public safety the power to designate groups of migrants as 'irregular," and treat them differently from other refugee claimants.

But an immediate out-

People "forced to flee for their lives need to be offered asylum and a warm welcome. not punished"

WANDA YAMAMOTO, PRESIDENT, CANADIAN COUNCIL FOR REFUGEES

cry from opposition parties and talk of a Charter of Rights challenge, put the passage of the legislation in doubt without changes.

THE CANADIAN PRESS

U.K. barred some Tamil ship people

Some of the Tamil migrants who arrived on ships in British Columbia waters were already reject-ed refugees from the United Kingdom.

Immigration Minister Jason Kenney revealed the information Thursday.

Nikon

What's the law?

Canadian law doesn't stop a failed refugee claimant in one country from making the same claim in Canada.

Kenney said the government has learned some of the migrants were already found not to need refugee protection in the United Kingdom.

THE CANADIAN PRESS

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Recycling plan raises concerns

• Bruce Power using new website to allay public fears about shipping nuclear generators across Great Lakes

Bruce Power launched a website Thursday in its effort to persuade the public that its plan to recycle 16 steam generators is safe.

Bruce Power is seeking permission from the Canadian Nuclear Safety Commission to ship the generators by ship through the Great Lakes and St. Lawrence River.

Environmentalists, First Nations and residents

along the proposed route have expressed concerns about shipping the ra-dioactive, school bus-sized generators from Owen Sound, Ont., to Sweden for recycling.
Bruce Power says recy-

cling the generators, now stored at its southwestern Ontario facility, will reclaim 90 per cent of the steel in the generator casings. It says the recycling

technology required to separate the steel from other mildly radioactive components isn't available in Canada.

Following a hearing last month, the Nuclear Safety Commission said it wants more information on the environmental impact assessment before deciding if Bruce Power can go ahead with the shipment. THE CANADIAN PRESS



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www.byward-market.com/oktoberfest

Dems eye female vote

Men favouring Republicans in upcoming elections

In a last-ditch effort to prevent electoral disaster, U.S. President Barack Obama and Democratic allies are vigorously wooing women voters, whose usually reliable support appears to have softened.

From blunt TV ads to friendlier backyard chats, they're straining to persuade women that it's the Democrats who are on their side and it's in women's vital interest to turn out and vote in the Nov. 2 elections that could give Republicans control of one or both houses of Congress.

In Seattle on Thursday, Obama told local women and others that "how well women do will help determine how well our families are doing as a whole." Accompanied by women

Michelle Obama

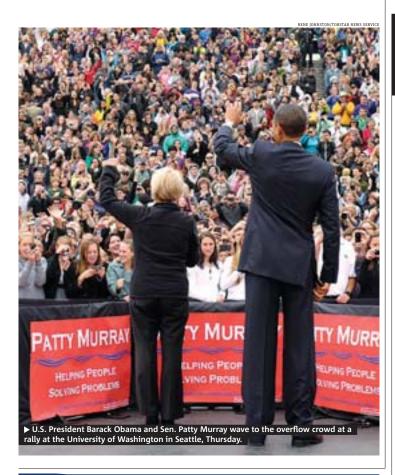
Besides the president, first lady Michelle Obama has campaigned on Democrats' behalf with a particular focus on women. She recently pleaded for their votes during a New York fundraiser that partly benefited the Women's Leadership Forum.

who own businesses, he spoke in a family's backyard about the economy's effects on women and outlined ways he said his policies have helped them.

Later, trying to rekindle the enthusiasm of his presidential race, he all but ordered thousands of cheering supporters at a packed University of Washington arena to get out and vote, even though he's not on the ballot. Hoarsely shouting over the applause, he said, "If everybody that voted in 2008 shows up in 2010, we will win this election. We will win this election. But you've got to come out and vote."

Campaigning for one of the Democrats' female senators, Patty Murray, who is in a tight re-election fight, Obama attracted a bigger crowd than the 10,000 who could fit into the arena. The others moved to an overflow area, and the president ran through the stadium tunnel onto the field to greet them. With the elections less than two weeks away, the Democrats are fearing big losses.





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You are invited to bring your household hazardous waste to the one-day depot. Just drive in and our attendants will unload your material and dispose of it safely. You don't even have to get out of your car!



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- Residents are reminded that pesticides, herbicides and old, rusty BBQ propane tanks can be brought to the HHW depots for safe disposal.

Did you know you could return paint products and batteries to various Ottawa hardware retailers?

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For more information visit the City's website at www.ottawa.ca/hhw or call 3-1-1. (TTY: 613-580-2401)





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Chavez 'on offensive'

• Strengthening ties with Syria 'to accelerate the fall of (U.S.) imperialist hegemony' • Venezuela and Syria sign several economic agreements

On the Mideast leg of an international tour, Venezuelan President Hugo Chavez said yesterday that he and his Syrian counterpart are on the offensive" against Western imperialism.

The trip underscores the forces that complicate Washington's battle for influence in Syria, which is under U.S. sanctions because the State Department considers it a sponsor of

Despite U.S. outreach, Syria has remained close to Iran and the militant groups Hamas and Hezbolwhile building ties with Venezuela.

Still, Syria stands to gain from improved ties with Washington, which could boost the country's struggling economy and end the sanctions.

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That's one big puddle

When NASA blasted a hole in the moon last year in search of water, scientists figured there would be a splash. They just didn't know how big.

Now new results from Hollywood-esque moonshot reveal lots of water in a crater where the sun never shines - 41 gallons of ice and vapour.

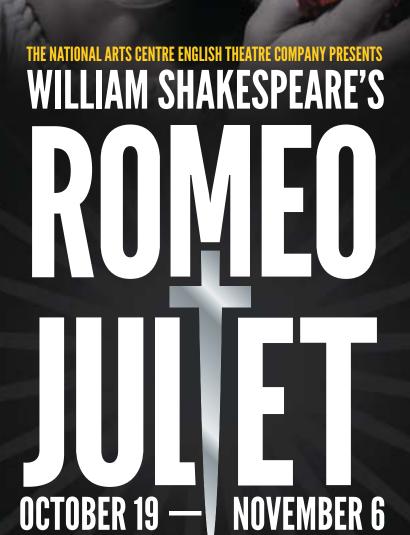
That may not sound like much — it's what a typical washing machine uses for a load — but it's almost twice

as much as researchers had initially measured.

The estimate represents only what scientists can see from the debris plume that was kicked up from the high-speed crash near the south pole by a NASA spacecraft on Oct. 9, 2009.

Proof that the moon is not a dry, desolate world offers hope for a possible future astronaut outpost where water on site could be used for drinking or making rocket fuel. But the scientists' excitement is tempered by the reality that there's no plan to land on the moon anytime soon. THE ASSOCIATED PRESS





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Man to get \$4.25M

• Was wrongfully convicted of rape, murder of niece

An Ontario man who was wrongly convicted killing his niece based in part on evidence from disgraced pathologist Dr. Charles Smith will receive \$4.25 million in compensation, the Ontario govern-Thursday.

William Mullins-Johnson spent 12 years in prison after being found guilty in 1994 of raping and murdering the fouryear-old girl in his home-town of Sault Ste. Marie,

Several experts later found no evidence to support Smith's conclusion that the girl had been sodomized and asphyxiat-

In fact, they concluded

"There's no amount of money that will ever make up for, or take away from, the pain and hurt over the years."

ONTARIO ATTORNEY GENERAL CHRIS BENTLEY

she died of natural causes. "We're very sorry on behalf of the government of Ontario and the people of Ontario for the terrible pain and suffering that Mr. Mullins-Johnson has un-dergone," said Ontario At-General torney Chris

Mullins-Johnson, was one of several people who were wrongly accused

of killing children based on flawed evidence from Smith, a pediatric forensic pathologist once considered the dean of his profession. Mullins-Johnson was acquitted by the Ontario Court of Appeal in 2007.

compensation amount speaks to the 12 vears an innocent man spent in prison, Bentley said. Lawyer David Robins, who represents Mullins-Johnson, said Thursday his client is pleased the case is finally coming to an end.

"No amount of money is going to fully compensate Mr. Mullins-Johnson for the hardship that he's endured, 12 years in prison and being labelled a sex offender," said Robins.

THE CANADIAN PRESS

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VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 12 weeks with possible continuation of up to 24 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-65 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
am feeling sad and depressed		
am having difficulty sleeping		
l am feeling low in energy and slowed down		
My appetite has changed		
l am experiencing feelings of guilt		
I have lost interest in work and pleasurable activities		
I feel hopeless about the future		
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l am having difficulty making decisions		
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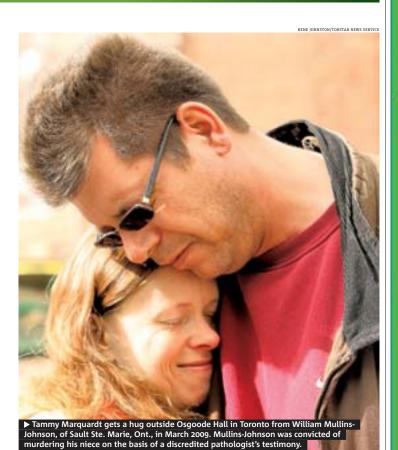
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RCMP shakes up top ran

New Mountie posts follow recent bullying, bureaucracy complaints

The beleaguered RCMP is shaking up its manage-ment with the appointment of two veteran officers to oversee operations in Eastern and Western Canada.

The creation of new regional czars follows a summer of discontent at the national police force amid accusations of bullying by commissioner William Elliott and persistent conthe of cerns the pace of much-needed RCMP modernization was too slow.

"Nobody is perfect and certainly I am far from perfect," Elliott told a news conference yesterday.

"I have made mistakes, I do have shortcomings. We are working collaboratively to try and be a more effective team."

Bass becomes Gary commissioner, deputy West, based in Vancouver, and Steve Graham will assume responsibilities as deputy commissioner, East, in Halifax.

THE CANADIAN PRESS



Strikers hold ground

Protesters blocked Marseille's airport, Lady Gaga cancelled concerts in Paris, and rioting youths attacked police in Lyon ahead of a tense French Senate vote on raising the retirement age to 62. Travel warnings to France have been issued.

B.C. cops rake in driver penalties

Police in B.C. have handed out more than 21,000 tickets in the last six months to drivers who were speeding, impaired or using cell-

Most of the tickets, near-

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21,000 Driving penalties issued by police in B.C., in past six months.

ly 20,000, involved drivers using handheld devices, which were banned by a new law effective Feb. 1.

Police also issued more than 1,400 penalties for impaired driving and 435 fines for excessive speeding between Sept. 20 and Oct. 10. THE CANADIAN PRESS

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Running out of time?

Scientist Jane Goodall fears we may be, if we don't change



Latinos vital to harvest

As harvest hits full swing in potato country, Americans are reminded of the role that Latinos play in one of Idaho's major industries. According to Idaho Department of Labor estimates, some 7,700 Latinos work in agriculture statewide.

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The British researcher, in Calgary for a speaking engagement on Sunday, says it's more important to think about future generations than to worry about the next shareholders

"I think what we've lost is wisdom ... making a decision and saying 'how will this decision affect our people generations ahead?"

JANE GOODALL, ENVIRONMENTALIST

meeting.

"Almost everywhere there are problems where usually economic influences are coming up against the environment and I think the problem here is looking around to see what we've done to

damage this planet. It's pretty shocking," Goodall said vesterday.

"We have really, really harmed Mother Nature and I don't know how long she will retain this amazing ability to regenerate."



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WHAT'S HIDING IN THE CURRENCY WAR

Other people's money

DAVID DESCÔTEAUX



OUT currenappreciates compared with other currencies, we become richer. It's as if we all suddenly got raises.

hen

Politicians, though, be-lieve the opposite. Right now, the world's governments are launching a "currency war." They're printing tons of money in the hope that it will lose value relative to their neighbours' currencies. It's the most ridiculous war. where winning means shooting oneself in the foot. Why? According to the



media, governments want to help their exporters. When you sell in Canadian dollars and that dollar falls. vour product becomes less

"It's the most ridiculous war, where winning means shooting oneself in the foot."

expensive — and more attractive — for foreign buyers. This might be a plausible explanation for certain countries like China, whose economies are heavily dependent on exports. (Although several other countries, like Germany and Switzerland have demonstrated that it's possible to succeed on the international market even with a strong currency.)

But for several western countries, the real explanation is to be found elsewhere. In the United States for example, exports make up only 12 per cent of GDP. Why impoverish the population for so little? Here's a hint: If tomorrow morning the American government confiscated every

dollar held by the entire population, it would still need \$12 trillion more to repay all of its debts and honour its promises to future retirees, according to David Walker, the country's former comptroller general.

The U.S. government is carrying a gigantic debt that it will never reimburse. But why go under when it just needs to reduce the value of the American dollar by printing a ton of money what the media refer to as "quantitative easing" and a portion of its debt will disappear as if by mag-

When you reduce the value of what you owe, you reduce your debt.

This solution would also help Japan, the most indebted country on the planet. And Great Britain, which is getting bogged down in deficits.

Listening to our leaders, you'd think we could become richer by being poorer, by underselling the fruits of our labours.

And so we have a "currency war." But underneath this absurd rhetoric, another motive hides: Several governments will try, in the coming years, to go bankrupt on the sly.

David Descôteaux is a freelance economic journalist and an associate researcher at the Montreal Economic Institute (iedm.ora)



Soaring McSales

Protests like the one above did not stop the world's largest burger chain from drawing in the highest customer count in more than two decades. Sales of McDonald's frappes, smoothies and its dollar menu helped push the chain's net income up 10 per cent in the third quarter.

Budget deficit a challenge: Report

Canada's budget watchdog says the current budget deficit may be relatively smaller than what Ottawa faced in the 1990s, but it's going to be harder to

And it could require

tax increases in order to achieve according to Ottawa's five-year plan, despite the Conservatives' assurances they don't plan to do that.

Parliamentary Budget Officer Kevin Page says in a new report issued yesterday that many of the conditions that helped the Liberals return to balance in the mid-1990s are not present today.

THE CANADIAN PRESS

Oil industry eyes forest agreement

Oil industry players have been sniffing around the landmark Boreal Forest Agreement between industry and environmental groups, says one of the agreement's architects.

Avrim Lazar, who head the Forest Products Association of Canada, says he's fielded inquiries from senior civil servants. executives and oil industry associations about how the forest industry got together with its one-time adversaries.

TORSTAR NEWS SERVICES

Under the pact, the 21 member forest companies agreed to suspend new logging on 29 million hectares of forest.



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Benefit plans on 'bumpy ride'

Watchdog reports a dive in the first half of 2010Separate analysis paints a brighter picture

The health of some 400 Canadian defined-benefit plans deteriorated in the first half of the year, the federal pension watchdog said Thursday.

The average solvency ratio for the plans fell to an estimated 87 per cent as of the end of June, according to a semi-annual report from the Office of the Superintendent of Financial Institutions. That means the plans only had 87 cents worth of assets for every dollar of pension liability at that date, on average.

"The deterioration in the

estimated ratio was largely due to weak pension fund returns during the first half of the year," said Judy Cameron, managing director of OSFI's private pension plans division.

"Since June 30th, market conditions have remained volatile. Although pension fund returns have improved, there has been a substantial decline in longterm interest rates."

Equity markets and longterm interest rates have huge impacts on fund assets and their solvency ratios, which measure a pension plan's financial health, although they have no direct effect on current payments to pensioners.

But a separate report released Thursday found Canadian pension fund assets improved in the third quarter — lifted by 7.3 per cent on global market rallies in September, according to a RBC Dexia survey of Canadian pension plans.

"It's been a bumpy ride, but this quarter's gains make up for last quarter's pull back," said Don Mc-Dougall, with RBC Dexia.

THE CANADIAN PRESS



- ➤ The federal government has been working on reforms to the legislative and regulatory framework for the private pension plans regulated by OSFI, which doesn't oversee pensions of companies that fall under provincial jurisdiction.
- A number of changes to federal pension legislation and regulations came into effect in July, including new solvency funding requirements.



For more business news, visit metronews.ca/ business.

► Vodafone India Business Operations head Sanjoy Mukerji, right, and actress Mandira Bedi pose along with Zoozoo, Vodafone's advertisement character

Smile, you're online!

The Vodafone's 3G services were demonstrated at a media conference in New Delhi, India, on Thursday.

NOTICE - MEMBERS MEETING



All members of the Ottawa Desjardins Credit Union are invited to participate in the branch meeting.

Date: November 8, 2010

Time: 12:00 pm

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MINUTES WITH:)AN GARDNER

Ottawa writer Dan Gardner's new book. Future Babble: Why Expert Predictions Fail and Why We Believe Them Anyway, launched this month. He appears at the Ottawa International Writers Festival Sunday.

Is there a common thread between Future Babble and your last book, Risk?

There is some overlap be-cause in the last chapter of Risk, I talk about how we are the safest and happiest people who've ever lived, but what about all these thunderous predictions of civilizational doom? That's sort of where I pick up. Future Babble is about bigscale predictions, the sort of thing that you read in the newspaper or hear in television or read about on bestseller lists. It's about what's going to happen to the stock market, who's going to win the election, what the world will look like in 2050.

Why do experts get it wrong so often?

We tend to think of experts as being Vulcan, purely rational, which of course is nonsense. Experts are human. I basically make a simple case. Number 1: Experts are appallingly bad at making accurate predictions. Number 2: They are bad because the world is in very important ways fundamentally unpredictable and because the human brain is flawed in important, systematic ways. Number 3: The question is, OK, if experts have such a lousy record, why on Earth do we continue to still pay so much attention to them when they make these predictions?

What were some of the worst predictions?

Well. 2008 is obviously a huge one. Almost no economist saw the crash of 2008 coming.

Is it possible to lose your job as a sage? Can you think of somebody who has guessed so badly that he's discredited forever after?

That is such a great question, and the answer is no, I can't. I have a whole chapter on the total lack of accountability for failed predictions. I can list an endless list of people who made grand-scale predictions, who made a fortune with bestselling books and who subsequently proved to be completely wrong, and they just flailed along as if nothing happened. STEVE COLLINS/FOR METRO OTTAWA

Cartoon

Swing fever spreading



Worth mentioning

TORONTO. Swing is making a comeback and it's not just the infectious rhythm and foot-stomping moves drawing the crowds. The sense of community created by the dance is proving even more of a lure as a young set brings an old jig back into style.

The style of dance, and the face-time it offers in an increasingly digitalized world, is something that's appealing even to the

high school crowd. "It has that youthful ex-uberance to it," says Matt Lam, a 24-year-old physics graduate student, who is also president of the UBC Swing Kids. He says he's seen teens as young as 16





come out to events put on by his campus club.

Swing dancing actually refers to a group of dances that developed in the 1920s alongside the swing style of jazz. The dances range from the traditional foot-stamping Lindy Hop to the body-hugging

With university swing clubs cropping up and social dances offered in most major cities, swing fever is catching. The rise of popular television dance shows is also helping to raise the profile of

While swingers dance with a partner, they don't have to bring one. Most people show up alone but don't stay that way for long. THE CANADIAN PRESS

Are Halloween pumpkins a waste?

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METRO CANADA: Group Publisher Bill McDonald, Editor-in-Chief Charlotte Empey, Associate Managing Editor Tarin Elbert, Scene/Life Editor Dean Lisk, Asst Managing Editor Amber Shortt, Art Director Laila Hakim, Nat'l Sales Director Peter Bartrem, Interactive/Marketing Director Jodi Brown

Metro Minute at Carleton

Carleton students and faculty are hosting a fundraising event Friday to restore an historic Frederick Beck fortepiano, one of the oldest pianos of its kind.

Music professors James Wright and Alexis Luko, and music student Andrew Burn, are organizing the benefit concert For Heaven's Sake! Let's Fix this Fortepiano! in a bid to raise \$10,000 to restore the

240-year-old piano to its former glory.

Ottawa-area musicians and faculty and students of the School for Studies in Art and Culture will perform 18th century English music starting at 7:30 p.m. the Church of Bartholomew. Carleton's instrument is considered one of the oldest in exis-

TRACEY TONG

Three days to play

DID YOU FOLLOW THE RUSSELL WILLIAMS TRIAL?



Joka Shakur

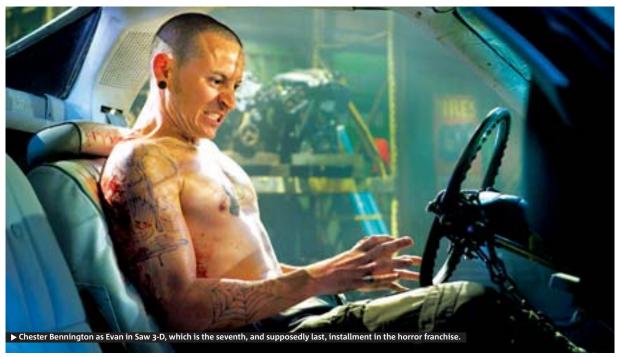
OTTAWA

I've seen bits and pieces of it, and I haven't really followed much. It's a shame that it's happened, but I'm just trying to move forward. That's all I can really do.



Merline Balmir OTTAWA Just a little bit. I think it's awful.

Director and long-time editor of horror franchise brought back for seventh film • Final Saw film looks to give fans one last look into the mad world of Jigsaw and his disciples



Saw sharpened for final cut



Last year, for the first time since the film series began, a Saw feature failed to own the box office on Halloween. Funnier still was that Saw 6 was one of the best entries in the series a deft thriller whose ample gore was matched by slick directorial style and a witty, clever script.

Shame then, that the viral juggernaut Paranormal

Activity trumped it on its opening weekend, sending director (and long time series editor) Kevin Greutert packing.

But when Greutert got

the call from Paramount pictures to helm Paranormal Activity 2, Saw studio Lions Gate and production company Twisted Pictures sneered and used a contractual loophole to literally drag GreUtert back to film Saw 3-D, the seventh and supposedly final entry.
"This has been a hard

year," says Gruetert who had to not only abort plans to make PA2 but also move back to Toronto from his native LA.

"But at the end of the day, I didn't want to let the fans down. I think we really made a film that contin-ues the story but stands alone. I'm ultimately proud of this one." Saw 3-D continues and

climaxes the ongoing story of long dead anti-serial killer Jigsaw (Tobin Bell) whose disciples continue to use devious, flesh ripping death traps to teach sinners lessons that are often painful and fatal. And all of this mayhem literally jumps off the screen in digital 3-D.

"Needless to say there are plenty of 'comin at ya' moments," notes the talented filmmaker who aims for not only gore but psychological frissons in his work.

"There's also tons of blood. We have an obligation to the hardcore horror

CanCon Creeper

Canada. Did you know that every Saw film - except the first — was shot in Toronto with many prominent Canadian actors and craftsmen called on to bring Jigsaw's gruesome, clockwork world to life?

fans to do that. It looks pretty damn great in 3-D, I must say. After the sixth film, I certainly tried to top

scene

News in brief



Police say Desperate Housewives star Eva Longoria Parker has been involved in a minor traffic accident in Hollywood.

Los Angeles police Sgt. Kara Silverstein of the department's West Traffic Division savs the actress was heading eastbound on Hollywood Boulevard at about 7:30 p.m. Wednesday when another driver made an unsafe left turn into a parking lot and hit Longoria Parker's car. Silverstein says the actress complained of pain but was not seriously hurt





for causing death of celebrity



THE DIFFERING TAKES ON THE AFTERLIFE

In Focus

RICHARD CROUSE
SCENE@METRONEWS.CA





lint Eastwood's latest film, Hereafter, concerns itself with what happens once you have, as John Cleese might say, "shuffled off this mortal coil." In the film a woman has a near death experience, beginning her walk into a bright light surrounded by misty figures making a similar journey into that great

goodnight. That's just the most recent cinematic vision of what happens after death, but there are many more, some played for laughs, sometimes for drama and now and then for comfort.

In Deconstructing Harry, Woody Allen goes for the joke, taking the viewer on an elevator ride through hell's nine floors, each reserved for a different kind of sinner. Best

line? "Floor 7: the media. Sorry, that floor is all filled up."

Tim Burton also had some fun with the afterlife in Beetlejuice. Alec Baldwin and Geena Davis get tips on how to haunt their old house in a book titled Handbook for the Recently Deceased. Best line? "We're not completely helpless, Barbara," says Adam (Baldwin). "Tve been reading that book and there's a word for people in our situation: ghosts."

Taking the hereafter a bit more seriously is The Rapture which sees Mimi Rogers almost reunited with her dearly departed daughter. This version of Heaven is much starker than the usual sweetness and light paradise seen on film; there's no Pearly Gates or fluffy clouds with angels snacking on Philadelphia Cream Cheese. For that version check out the opening minutes of the classic Rodgers and Hammerstein musical Carousel. The story of a dead carnival worker who asks for permission to be sent back to earth for one day to make amends for mistakes he made in life starts with a glittering vision of heaven, complete with sparkling stars. Best heavenly quote? "Here there is no time; this is the beginning and the

end."

What Dreams May Come, the 1998 film about a man who leaves heaven to search hell for his wife paints heaven as a place that, as Roger Ebert noted, seems "cheerfully assembled from the storage rooms of images we keep in our minds: Renaissance art, the pre-Raphaelites, greeting cards, angel kitsch." The heaven in this film is a wonderful place "big enough for everyone to have their own private universe."

On the flipside is the movie's vision of hell as a surreal, dark place. Best quote: "Hell is for those who don't know they're dead"





Movie review

See it twice ����� | See it now ���� | Worth watching ��� | Yawn �� | Don't bother @



Score misses the goal

Score: A Hockey Musical Genre: Comedy/Musical Director:

Michael McGowan

Stars: Olivia Newton-John,
Noah Reid, Marc Jordan

@

We already have Wayne Gretzky Unoaked Chardonnay, which, according to the winery features soft "notes of white peach and pear" so do we really need a cinematic hockey tribute featuring some not-so-soft musical notes?

Director Michael McGowan thought so and the result is a parody of hockey violence set to a soundtrack that rhymes baloney with Zamboni. All that's missing is Don Cherry.

The story of a peace loving hockey prodigy's assimilation into the sport's violent world has its heart in the right place, but what could have been a surreal Glee-like experience unfortunately — to mix sports metaphors — doesn't hit a home run.

RICHARD CROUSE

Polarizing take on the afterlife

Hereafter Genre: Drama Director: Clint Eastwood Stars: Matt Damon, Bryce Dallas Howard, Cecile de France ●●€

Clint Eastwood's Hereafter opens big as a tsunami flattens a tropical city. A vacationing French news anchor (Cecile de France) drowns but is later revived.

A reluctant San Francisco psychic (Matt Damon) believes his connection with the dead has ruined his life, and a boy in London suffers unbearable pain when his twin dies. Their quests to know the afterlife unite them in Eastwood's mesmerising but often slow supernatural meditation.
Audiences will be polarized but Eastwood won't care. @ANNE BRODIE



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Come in. Cash in. Hurry, offer ends 10/24.



THESE PAGES COVER MOVIE START TIMES FROM FRI., OCT. 21 TO THURS., OCT. 28. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

4:10-6:45-9:05 Sat 4:10-6:45-9:05 Sun-Thu 11:05-

OTTAWA

BYTOWNE CINEMA 325 Rideau St., 613-789-3450

na VJ: Reporting From a Closed ntry (STC) Tue 7:05 The Girl Who Played With Fire (18A)

Wed-Thu 9:25 The Girl With the Dragon Tattoo (18A) Gravity Was Everywhere Back Then

Midori-ko (STC) Sat 7

Water on the Table (STC) Mon 5:15-

Winnebago Man (STC) Mon-Tue 9:15

COLISEUM OTTAWA

3090 Carling Ave., 613-590 9475 Easy A (14A) Fri-Wed 6:50-9:15 Thu 6:50 Hereafter (PG) No Passes Fri-Sun 12:40-3:40-6:40-9:50 No Passes Mon-Thu 3:40-6:40-

Jackass 3D (18A) Fri-Sat 12:30-1:30-3:30-4:30-6:307:30-9:10-10:15 Sun 12:30-1:30-3:30-4:30-6:307:30-9:10-10:15 Sun 12:30-1:30-3:30-4:30-6:307:30-9:10-10:20 Mon-Wed 3:30-4:30-6:307:30-9:10-10:15 Thu 3:30-4:20-6:307:30-9:10-10:15

Life as We Know It 10:05 Mon 4:10-7:05-10:05 Tue 4:10 Wed-Thu 4:10-7:05-10:05 Star & Strollers Screen-

Strollers screening Thu 1

The Metropolitan

Opera: Boris
Godunov (STC) Sat 12

Paranormal Activity 2 (14A) No Passes Fri-Sun 1-4-

7-9:40 No Mon-Thu 4-Sat 1:10-4:15-7:20-10:10 Sur 1:10-4:15-7:20-10:15 Mon-Thu 4:15-7:20-10:10

Saw 3D (18A) Thu 10 Score: A Hockey Musical

(STC) Fri-Sun 1:20-4:20-7:15-9:45 Mon-Thu 4:20-7:15-9:45 Star & Strollers Screening Thu

Secretariat (G) Fri-Sun 1:05-4:05-7:10-10 Mon-

The **Social Network** (14A) Fri-Sun 12:35-3:35-6:35-9:20 Mon-Thu 3:35-6:35-9:20 **The Town** (14A) Fri-Sat 1:25-4:25-7:25-10:20 Sun 1:30-4:25-7:25 Mon 4:05-10:20 Tue 7:05ed-Thu 4:25-7:25-10:20 WWE Bragging Rights - 2010 (STC) Sun 8

EMPIRE 7 CINEMAS 111 Albert St., 3rd Floor, World Exchange Plaza, 613-233-0209

Hereafter (PG) Fri 3:30-6:30-9:20 Sat-Sun 12:30-3:30-6:30-9:20 Mon-Thu 3:30-6:30-9:20 It's Kind of a Funny Story (14A) Fri 9:15 Sat-Sun 1:20-9:15 Mon-Thu 9:15

sarsvn 12:0-9:15 Mon-Thu 9:15 Liffe as WB Choow It (PG) Fri 3:45-6:45-92.5 Sat-Sun 12:50-3:45-6:45-92.5 Mon-Tue 3:45-6:45-9:25 Wed 3:45-92.5 Thu 3:45-6:45-9:25 More Sat-9:25 More Sat-9:25 More Sat-9:40 Mon-Thu 4:7-9:40 47-9:40 Mon-Thu 4:7-9:40 Red [STC] Fri 3:20-6:20-9:10 Sat-Sun 1:2:20-3:20-6:20-9:10 Mon-Thu 3:20-6:20-9:10

Score: A Hockey Musical (STC) Fri 3:50-7:10-9:35 Sat-Sun 1:10-3:50-7:10-9:35 Mon-Thu

The Social Network (14A) Fri 3:40-6:40-9:30 Sat-Sun 12:40-3:40-6:40-9:30 Mon-Thu 3:40-

b:40-9:30 Waiting for Superman (G) Fri-Thu 4:10-

MAYFAIR THEATRE

Ottawa International Film Festival (STC) Fri 6:30-8:30 Sat 12-2-4-6:30-8:30 Sun 2-4-6:30-8:30 Mon-Tue 6:30-8:30 Scott Pilgrim vs. the World (PG) Wed-Thu

9:15 **Toy Story 3** (G) Mon

Winds of Heaven (STC) Wed-Thu

OTTAWA FAMILY CINEMA

710 Broadview Ave., 613-familycinema.ca

Charlie St. Cloud (PG) Fri

5-4:10-6:45-9:05 *reafter (PG) No Passes Fri-Thu 10:20-1:10-4-Hereafter (PG) No Passes Fri-Thu 10:20:1:10-4-7:05-9:55 | Inception (PG) Fri 11:30-2:55-6:15-9:25 Sat 2:55-6:15-9:25 Sun-Thu 11:30-2:55-6:15-9:25 Jackass 3D (18A) Fri-Wed 10:40-10:53:40-7:30-75-75-75-76-76-76-76-76-76 Legend of the Guardians: The Owls of Ga'Hoole 3D (PG) Fri-Wed 10:50-1:20

3:50-6:30-9:10 Thu 10:50-1:20-3:50

(STC) Sat

GATINEAU

STARCITÉ HULL 115 boul. du Plateau, 819-770-1090, cinemasfortune.ca

Activité paranormale 2 (13+) No Passes Fri-Thu 1-3:20-5:40-8-10:20

Hereafter (G) No Passes Fri 12:35-3:30-7-9:55 No Passes Sat 11:20-2:10-7-9:55 No Passes Sun-Thu 12:35-3:30-7-9:55 ies (13+) Fri-Thu 12:55-3:50-6:45-9:45 Jackass 3D (16+) Fri-Thu 12:20-2:40-5-7:20

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Jackass 3D (18A) Fri-Wed 12-1:05-2:30-3:35-5-6:35-7:30-9:05-10 Thu 12-1:05-2:30-3:35-5-6:35-

7:30-9:25-10
Legend of the Guardians: The Owls of
Ga'Hoole: An IMAX 3D Experience
(PG) Fri-Thu 1:30-4:15-7-9:30
Life as We Know It (PG) Fri-Thu 12:45-3:40-

The Metropolitan Opera: Boris Go-dunov (STC) Sat 12

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Secretariat (G) Dolby Stereo Digital Fri-Sun

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IN HEART-POUND

L'Immortel (13+) Fri 1:05-3:55-6:40-9:25 Sat 5-7:35-10:15 Sun-Thu 1:05-3:55-6:40-9:25 **Life as We Know It** (G) Fri-Thu 1:25-4:15-

725-10:10

La Légende des Guardiens: Le
Royaume de Ga'hoole 3D (G|Fri-Wed
12:30-2:55-6:15 &40 Thu 12:30-2:55-6:15

The Metropolitan Opera: Boris Godunov (STC) Sat 12

Paranormal Activity 2 (13+) No Passes Fri Thu 12:40-35:20-745:1005

Phil Collins: Going Back, Live at Rose Land Ballroom, NYC (STC) Wed 7

Red (G) Frillu 1:30-420-715-10:15 Fri-Wed 12:45-32-5-6:50-9:30 Thu 3:25-6:50-9:30 Thu

45 **ute 132** (G) Fri-Thu 12:50-3:35-6:20-9

BD (16+) Thu 10 : A Hockey Musical (G) Fri-Wed Secretariat (G) Fri-Thu 1:20-4:10-7:05-9:50 The Social Network (G) Fri-Thu 1:10-4-6:55-

9.55 **StreetDance 3D** (G) Fri-Thu 12:25-2:50-5:15-The Town (13+) Fri-Tue 1:15-4:05-7:10-10 Wed

BARRHAVEN

BARRHAVEN CINEMAS 131 Riocan Dr., 613-825-2463

Hereafter (PG) No Passes Fri 7-10 No Passes Sat 4:50-7:40-10:30 No Passes Sun 1-4-7-10 No Passes Mon-Thu 5-8 Star & Strollers

Jackass 3D (18A) Fri 7:20-10:20 Sat-Sun 1:20-4:20-7:20-10:20 Mon Thu 6-8:50 **Life as We Know It** (PG) Fri

6:30-9:50 Sat-Sun 12:30-3:30-6:30-9:50 Mon-Thu 5:40-8:30 The Metropolitan Opera: Boris Godunov (STC) Sat 12

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sat-sun 1:30-4:30-7:30-10:30 No Passes Mon-Thu 5:20-7:50 **Red** (STC) Fri 6:40-9:30 Sat-Sun 12:40-3:40-6:40-9:30 Mon-Thu 5:30-8:20 Star & Strollers Screening Thu 1

The Social Network (14A) Fri 6:50-9:40 Sat-The Social Network [144] F10:50-9:40 S Sun 12:50-3:50-6:50-9:40 Mon-Thu 5:50-8:40 The Town (144) Fti 7:10-10:10 Sat-Sun 1:10-4:10-7:10-10:10 Mon-Thu 5:10-8:10

GLOUCESTER

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Passes Sat 11:10-1:50-5:05-7:20-9:50 No Passes Sun-Thu 11:10-1:50-4:25-7:10-9:50

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Secretariat (G) Fri 11:45-3-7-9:45 Sat 11:45-5:05-7:35-10:10 Sun-Thu 11:45-3-

The Social Network (14A) Fri-Thu

10:35-1:25-4:05-6:55-9:35 **The Town** (14A) Fri-Thu 10:45-1:30-4:15-7:15-

Wall Street:

SILVERCITY 2385 City Park Dr., 613-688-8800

Easy A (14A) Fri 1:25-4-6:15-9 Sat 1:25-4-6:15 Sun-Tue 1:25-4-6:15-9 Wed 1:25-4-9:25 Thu 1:25-4-6:15-9

:15-7:45-10:15 No Passes Sun-Thu 12:25-2:50 :15-7:45-10:15 No Passes Fri-Thu

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Resident Evil: Afterlife 3D (18A) Fri-Wed 12:30-3:10-7:05-9:45 Thu 12:30-3:10 Saw 3D (18A) Thu 10 Score: A Hockey Musical (STC) Fri-Tue

12:20-3:25-6:30-9:10 Wed 3:25-6:30-9:10 Thu 12:20-3:25-6:30-9:10 Star & Strollers Screening

Secretariat (G) Fri-Thu 12:35-3:45-6:45-9:40 The Social Network (14A) Fri-Thu 1-3:55-

7:20-10:05 **The Town** (14A) Fri-Wed 1:10-4:10-7:10-10:10 Thu 1:10-4:10-7:10 UFC 121: Lesnar vs. Velasquez (STC) Sat

10
Wall Street: Money Never Sleeps (PG)
Fri 12:15-3:20-6:20-9:35 Sat 3:20-6:20-9:35 Sun
12:15-3:20-6:20 Mon-Thu 12:15-3:20-6:20-9:35
WWE Bragging Rights - 2010 (STC) Sun 8

ORLEANS

EMPIRE THEATRES ORLEANS 6 CINEMAS 3752 Innes Rd., 613-830-4400

Hereafter (PG) Dollhy Steren Digital No Passes Fri-Sun 12:40-3:45-6:40-9:40 Dolby Stereo Digital, No Passes Mon 3:30-6:40-9:40 Dolby Stereo Digi-No Passes Mon 3:39-0-340 Dolby Steep Dulg-Lil, No Passes I use 12:40;34:56-40;40 Dolby Stereo Digital, No Passes Wed-Thu 3:30-640;94t 12:45:130-315-46:30;730-9410 Dolby Stereo Digital Hon 44:36-630;73:99-940 Dolby Stereo Digital Hou 12:45:130-315-46:30;73:09-410 Dolby Stereo Digital Hou 14:30:630;73:59-940 Legend of the Guardians: The Owls of Ga'Hoole (PG) Dolby Stereo Digital Sat-Sun

1:20 Life as We Know It (PG) Dolby Stereo Digital Fri-Sun 1:15-4:10-7:10-9:45 Dolby Stereo Digital Mon 4:10-6:50-9:20 Dolby Stereo Digital Tue 1:15-4:10-7:10-9:45 Dolby Stereo Digital Wed-Thu 4:10-6:50-9:20

4:10-5:9-9:20
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KANATA

KANATA 24 801 Earl Grey Dr., 613-599-1200

Back to the Future: 25th Anniversary Re-Release (STC) Special Engagement, Sneak Preview Sat 12:30 Special Engagement, Sneak

Preview Mon 7.

Burled (14A) Special Engagement Fri Sun 1145-215-4457-15-945 Special Engagement Fri Sun 1145-215-4457-15-945 Special Engagement Mon-Thu 215-4457-15-945 Devil (14A) Fri-Wed 10-20

Easy A (14A) Fri Sun 112-01-15-43-07-05-925
Mon-Thu 43-07-05-925
Hereafter (PG) Special Engagement Fri-Sun 12-245-47-10 Special Engagement Fri-Sun 10-30-12-45-13-04-43-07-73-01-10-30 Special Engagement Mon-Thu 21-04-515-78-15-10-5 Special Engagement Mon-Thu 21-04-515-78-15-10-5 Special Engagement Fri-Sun 10-45-15-78-15-10-5 Special Engagement Mon-Thu 21-04-515-78-15-10-5 Special Engagement Mon-Thu 21-04-515-

Titu Z.1049-1.5197-61910 special crigagement Fif5un 12454-7-10 Inception (PG) Fif5un 112:30-5:45-9:15 Mon-Wed 2:30-545-9:15 Thu 2:30 Jackass 3 (18A) Special Engagement Fri-Sun 11:50-2:20-4:50-7:35-10:05 Mon-Thu 2:20-4:50-7:35-10:05

Legend of the Guardians: The Owls of Ga'Hoole (PG) Fri-Sun 11:35-2:05-4:35-7:20-9:45 Mon-Wed 2:05-4:35-7:20-9:45 Thu 2:05 Life as We Know It (PG) Fri-Sun 10:45-11:15-

7:20-10
My Soul to Take 3D (14A) Special Engage-ment Fri-Sun 11:35-2:10-4:40-7:25-10:15 Special Engagement Mon-Wed 2:10-4:40-7:25-10:15 Special Engagement Thu 2:10-4:40
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Paranormal Activity 2 (14A) Special En-

Paranormal Activity 2 (144) Special Engagement Mon-Thu 4:15-93-93 Special Engagement Mon-Thu 4:15-93-93 Decide Engagement Mon-Thu 4:15-93-93 Paranormal Activity 2: The IMMAX Experience (144) Special Engagement Fri 10:15-12-30-25-93-15-745-10:15 Special Engagement Mon-Wed 2:15-445-73-0:10:15 Special Engagement Thu 2:15-4:30-8-10:15 Red ISTO Special Engagement Thu 2:15-4:30-8-10:15

ringagement Inu. 215-4-30-8-10:15 Red (STC) Special Engagement Fri-Sun 10:30-11:30-115-215-45-7:157-45-10:05-10:35 Mon-Thu. 47:15-10:05 Special Engagement Fri-Sun 10:30-115-47-15-10:05 Mon-Thu. 47:15-10:05 Mon-Thu. 215-45-7:157-45-10:05-10:35

Saw 3D (18A) Special Engagement, Sneak Preview Thu 8-10:15 Score: A Hockey Musical (STC)

Special Engagement Fri-Sun 10:50-1:20-4:05-6:45-9: Special Engagement Mon-Thu 4:05-6:45-9:10 Secretariat (G) Fri-Sun 11-12:50-1:50

The Town (14A) Fri-Sun 10:35-1:25-4:15-7:10-10 Mon-Thu 4:15-7:10-10

4:15-7:10-10 Wall Street: Money Never Sleeps (PG) Fri-Sun 10:35-1:35-4:30-7:25-10:25 Mon-Thu

You Again (PG) Fri-Sun 11:45-2:20-5:05-7:50-10:20 Mon-Thu 2:20-5:05-7:50-10:20

MAPLE

RAINBOW CINE-MAS

St. Laurent Centre, 1200 St. Laurent Blvd., 613-688-0850

Case 39 (14A) Fri-Thu 10:20-4:40-9:05 Cats & Dogs: The Revenge of Kitty Galore 3D (0) Fri-Thu 3:15-5:05 Despicable Me 3D (PG) Fri-Thu 10:20-1-200

Fubar 2 (18A) Fri-Thu 10-8 Fubar 2 (18A) Fri-Thu 4:30-8:55 Going the Distance (14A) Fri-Thu 10:40-1-6:55-9:20

Nanny McPhee Returns (G) Fri-Thu 12:10-

2:35-4:50 Salt (PG) Fri-Thu 10:10-7:05-9:15 Toy Story 3 (G) Fri-Thu 12:40-3-5:20 Vampires Suck (14A) Fri-Thu 12:30-2:45-7:15

RIDEAU CENTRE CINEMAS

JO Nuccu Jo, 1972 - 1972 - 1974 - 197

7:10-9:30 Dolby Stereo Digital, No Passes Mon-

Thu 3:30-5:40-8:20 **The Town (**14A) Dolby Stereo Digital Mon-Thu

SOUTH KEYS 2214 Bank St., 613-736-1115

Alpha and Omega (PG) Fri-Thu 10:30-1-

cable Me 3D (PG) Fri-Thu 10:30-12:20-



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5

Top viral sensations

Once the internet became common in North American households moviemakers started coming up with new ways to promote their films ◆ Unorthodox marketing techniques have helped launch unknown movies into the mainstream and boosted their box office revenues

We're digging deep in the vaults this week, going all the way back to 1999 to look at movies with viral

These are films that cultivated a mystique about them, an urgent, must-see aura, based on unorthodox marketing methods. Maybe it's a creepy website. Maybe it's a few delicious details trickled out to a specific fan base. Maybe social media propels the buzz. Or maybe just a great title gets people talking.

With Paranormal Activity 2 opening this week, here are five movies that have benefited from that intangible but irresistible viral buzz.

THE ASSOCIATED PRESS



PARANORMAL ACTIVITY

Sure, the phenomenon existed long before this horror movie came out last year, but this is a film that really capitalized on the power of Twitter and cheap online promotion, that rode a wave of excited, instantaneous word-of-mouth.

The movie itself had a pretty simple concept: It created the sensation that we were watching actual home video, shot in a bedroom overnight to capture whatever demon was haunting its young, female hero.

It only cost about \$10,000 to make, opened in just a few theatres at first to generate even more curiosity, and went to gross nearly \$108 million. Hence, a year later, we have a sequel.

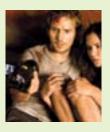


THE BLAIR WITCH PROJECT

The mother of them all. Just saying the words "Blair Witch" serves as an instant shorthand: People know exactly what you mean.

The gimmick, in case you've forgotten, is that we were supposedly watching the real, final footage of a trio of friends who entered the woods to make a documentary about the legendary Blair Witch. They shot every moment and every movement they made — including their last.

A debut at the Sundance Film Festival kicked off the talk. Unknown actors played the three characters, furthering the possibility that this was all authentic. A website pushed the idea that this was legitimate, adding to the eeriness. The movie made nearly \$141 million: a year later, though, the secret was out and the hype was gone, and the sequel, Book of Shadows: Blair Witch 2, only made about \$26 million.



CLOVERFIELD 2008

Excitement for this thriller built in increments, but it was undeniable. The trailer, with its image of the Statue of Liberty's severed head bouncing down a Manhattan street, created huge buzz online and at Comic-Con.

The title gave away nothing — it's just the name of a street near producer J.J. Abrams' Los Angeles office, a code word the filmmakers used to keep the project under wraps - but it stuck, adding even more mystery. And the premise was tailor-made for the YouTube generation: a monster attack on New York City as seen entirely from the perspective of a partygoer's hand-held video camera. Plus. director Matt Reeves' film happened to be a lot of fun, and it went on to make a respectable \$80 million.



AQUA TEEN HUNGER FORCE COLON MOVIE FILM FOR THEATERS 2007

Most people probably hadn't heard of the animated series Aqua Teen Hunger Force which airs on Cartoon Network's late-night Adult Swim lineup, and provided the basis for this movie.

It follows the intentionally Dadaist adventures of a wad of hamburger meat, a milkshake and a container of fries who share a rundown New Jersey tract house. The promotion included blinking, Lite-Brite-style renderings of alien characters known as the Mooninites, which were placed in major cities nationwide. In most places. no one thought twice about them. In Boston. they were viewed as a potential terrorist threat. forcing the closure of bridges and roadways. It might not have helped at the box office, where the movie made only about \$5.5 million. But it got folks talking.



SNAKES ON A PLANE

Snakes on a Plane (2006): It's exactly what you think: a thriller about snakes ... on a plane. Just the title alone promised a campy good time, a throwback to starstudded disaster action pictures like the 1970s Airport movies.

Adding to the fun, fans who saw the movie early urged the filmmakers to keep a crucial Samuel L. Jackson line in the script with a particularly colourful 12-letter word — and they got their wish. It's a hugely crowd-pleasing moment, and watching the movie with a giant crowd was the best way to do it.

But people talked about the movie more than they actually went to see it. Snakes on a Plane opened at No. 1 with nearly \$14 million but only went on to make \$34 million — which is a shame, because this was one hell of a ride.



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Willow Smith

We told you a few months

ago about Willow Smith -

releasing an album. Well the video for the first

ing the star progeny, well, whipping her hair. Surpris-

ingly its not too bad, and

the nine-year-old may be

it out on youtube.com.

the first mini-singer actual-

ly born this century. Check

single, Whip My Hair, dropped this week featur-

Jada Pinkett Smith

daughter of Will Smith and

Music

Project Runway





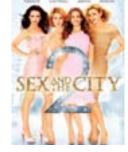
Runaway

Music

MuchMusic will be airing Kanye West's Runaway live this Saturday. Following the premiere of the short film, West will take part in a live Q and A.

Sex and the City 2

Carrie, Charlotte, Miranda and Samantha are back at least on video. Sex and the City 2, featuring the



NYCers heading to Abu Dhabi for a little sun, sand and Aidan, lands in Blu-ray and DVD next week. Does Carrie leave Big for her former beau? If you don't know by now maybe you should head to the video store

Metro pick

Pinsent and Bieber

Viral

A video clip from this week's episode of This Hour Has 22 Minutes, featuring Gordon Pinsent reading excerpts from Justin Bieber's biography — has gone viral. So far it's topped 95,000 views and counting. • METRO

▶ Justin Biebe

Memorial

Hootie & The Blowfish. which seemed to dominate radio in 1994 with the

monument was unveiled to release of Cracked



week in Columbia, S.C. The

piece of public art this

The talk show host is counting down to the launch of his new show on TBS with a 24-hour Coco Cam feeding live images from his office to teamcoco.com. It was also announced guests on his show — it premieres Nov. 8

will include Tom Hanks, John Hamm and Seth Rogan. METRO

Telease of Cracked Rear View, has been immortally solds. UNTANGLE LIFE'S CHALLENGES UNTANGLE LIFE'S CHALLENGES COMMON Tallized in a DIAL Run Rattle Me Bones Rear View, has been immortally solds. Largest road race release of Cracked Rear View, has been immortally solds. Immortally solds. Largest road race Hootie Me largest Bones road race The 2010 and one of

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Bones, presented by Merck, is a popular road race and fundraiser with a fun Halloween theme. It is the region's second

growing timed races in the area. Proceeds go towards improvements to patient care, arthritis and orthopedics research at

the fastest

The Ottawa Hospital. Sunday, 9 a.m., Ottawa Hospital's General Campus.

Music Marie-Josée Lord: **Bouillon**

Marie-Josée Lord, the award-winning Haitianborn soprano, will be the star performer for the opening of the Cathedral Arts 2010-2011 Concert

Sunday, 7:30 p.m., Christ Church Cathedral Ottawa

Race 9 Run Run

The 9 Run Run, Ottawa's first annual emergency services run, kicks off with a 3K race and a halfmarathon. All proceeds

go to Project S.T.E.P. to help fight youth addiction. Saturday, 9 a.m., Sacred Heart High School in Stittsville.

Comedy Cho Dependant

Just For Laughs presents Margaret Cho's new show, Cho Dependent, a mix of new stand-up and live music. The show features her trademark raunchy, socially relevant and politically-charged comedy, and also offers a unique chance to see her perform a handful of songs from her new album, also entitled Cho Dependent. Sunday, National Arts Centre.

Event Girl Guide Cookie Day

Mix of Six

Thousands of budding girl-entrepreneurs will be on-hand in Sears stores, selling Chocolatey Mint Girl Guide Cookies for \$4 a box. The fundraising drive helps girls and young women gain valuable life and career skills. Saturday, Sears Rideau

Charity Gold Drive for Cancer

Centre.

Recycle Frog will host Gold Drive events in support of the Canadian Cancer Society. Agents will test the purity of the items, weigh them and then make a purchase offer based on the current price of gold. The Canadian Cancer Society will receive a percentage of each transaction and Recycle Frog will match the amount dollar-for-dollar. Weekend, Dovercourt Recreation Centre and Nepean Sportsplex.

The Old Grey Mayor Ottawa StoryTellers presents The Old Grey Mayor, a light-hearted murder mystery that weaves local history into the scenes. It is 1921 and Ottawa is on the eve of a municipal election. A Hollywood film company arrives to shoot a murder mystery. Thursday, Friday and Sat-

Rattle Me

urday, 7:30 p.m. at the Billings Estate Museum.

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Brand and Perry to wed this weekend

• Comedian and pop star to tie the knot near tiger sanctuary

Russell Brand and Katy Perry are getting married this weekend at a luxury resort outside the Ranthambhore tiger sanctuary in the Indian state of Rajasthan, a local tour operator said Thursday.

The British comedian and American pop star arrived Wednesday at Mumbai airport.

Their six-day celebration begins Saturday with a Hindu wedding ceremony conducted by a local priest at the Sher Bagh resort, said Rajasthan Tours manager Mohan Singh, whose company is one of several involved in organizing the event.

"This would be a colorful Rajasthan wedding, and both Brand and Perry would be attired in Indian wedding attires," Singh said.

The couple have hired 13 vehicles to take some of their 80 or so guests on tours of the wildlife sanctuary in the days after the wedding, Singh said.

The Ranthambore National Park, one of northern India's largest sanctuaries, is best known for it large tiger population — with 27 now — but is also home to leopards, wild boars, hyenas and sloth bears.

The sanctuary, about 80 miles (130 kilometres) southeast of the pink-painted city of Jaipur, also includes several lakes and a 10th-century fort.

Brand and Perry will be staying in a luxury tent at the Aman-i-Khas resort, just outside the sanctuary, with guests staying at the nearby Vanyavilas and Sher Bagh resorts, Singh said.

Private security has already been stationed at the hotels, which have refused to discuss the event with media

Local police said they had not been informed of the impending nuptials.



"We have no clue about the celebrations. But we would not allow playing of musical instruments and blaring loudspeakers after 10 in the night," Sawaimadhopur district police chief Vishnu Kant said. Fireworks and other loud noises that might disturb guests or wildlife are also ruled out. "We are bound by the Indian laws," the police chief said

THE ASSOCIATED PRESS

Cage calls for global crime fight

Oscar-winning actor Nicolas Cage, the frequent star of gangster thrillers, called Thursday for a united fight against organized crime.

Cage, a United Nations Goodwill Ambassador for Global Justice, said the threat posed by criminal networks is too big for communities or states to confront on their own and that countries must work together to battle it.

"Organized crime is a deadly infection that preys

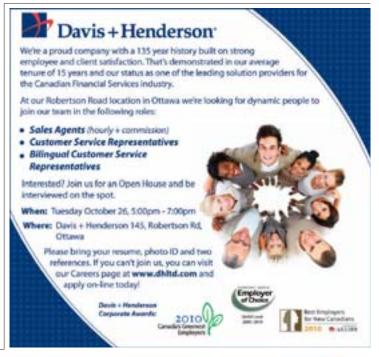
on human beings," Cage told delegates at a conference aimed at boosting support for a U.N. convention to curb crime.

Cage warned that regions weakened by conflict, lawlessness and extreme poverty are especially susceptible to traffickers of illegal drugs, weapons and even humans.

Cage described being a U.N. goodwill ambassador as his "most challenging and meaningful role" yet



and divulged that he even once considered leaving the movie business to devote more time to helping others. "At some point I wanted to stop being an actor and start taking action," he said THE ASSOCIATED PRESS





Rihanna under Jay-Z umbrella



Grammy-winning pop singer Rihanna has parted ways with manager Marc Jordan and is now being managed by Jay-Z's Roc Nation Management.

Rihanna told The Associated Press in a statement Wednesday that she's "so excited to take this next step in my career.'

The 22-year-old is also launching a new company called Rihanna Entertainment. She says it will merge all of her businesses, including music, film, fragrance fashion and book ventures."

. THE ASSOCIATED PRESS

Phoenix to rise again?

First major tour coming to a close No new music, yet, band says



Phoenix fans are certainly not alone in wondering how the French new-wave rockers will follow their breakthrough 2009 album Wolfgang Amadeus

Phoenix.

The band has no idea what their next record will sound like, either.

"No, no, no, no, no we have zero seconds of new music," guitarist Laurent Brancowitz said in a recent telephone interview from Paris.

"We worked this way. ... It's really the way we've always done it. When we write on tour, it's always very bad.

You can believe it, trust me. But also, an album, for us, it has to reflect the very

precise period of time in our lives

Well, if that's the case, one might expect the new music the band eventually conjures up to be pretty upbeat.

After nearly a decade of recording, the quartet finally broke through with their most recent collection of nimble, supersvelte pop tunes.

On the strength of a crackerjack performance on Saturday Night Live and the flawless singles 1901 and Lisztomania, Phoenix not only earned wide-spread critical acclaim -landing in the top 10 of year-end album lists from Time Magazine, Rolling Stone, Spin and Pitchfork but also won a Grammy Award for best alternative album.

Now, Phoenix is in the last phase of a nearly 18month victory lap, with a show tonight in Montreal and on Friday in Toronto following a performance at

Madison Square Garden in New York.

Of course, that sort of success also breeds lofty expectations for the band's next move. But Brancowitz says the group doesn't feel slowed by the weight of external pressure.

"To tell you the truth, no," he said. "Because the last album we did, really, we thought it was a bizarre album that nobody would like. So I think we'll try to make an even weirder album, in our opinion, and maybe it's going to be a

bigger success."

"Do you know what I mean? It's really when we thought that we made it the most personal and strange, bizarre record, that it reached the most people. So, for us, it's a good sign to do it this way."

'So it's no pressure. Well I mean, there's lots of pressure, but it's the pressure with ourselves.' THE CANADIAN PRESS

The Tooth Doctor_© David J. Halpin, D.D.S.

Help Protect Your Teeth From Cavities With Regular Cleanings & Check-Ups!

How does a cavity form in a tooth? The bad news is that our mouths First, for a tooth to be susceptible to stop producing saliva after debris, thus forming a layer known sleeping! as plaque.

These bacteria consume the food The best way to prevent cavities is debris with which they come into to floss, and brush regularly with a contact, and often digest it within a fluoride toothpaste which helps to matter of mere minutes. Bacteria re-mineralize the tooth structure. are very fond of easily digestible Its especially important to brush foods like potato chips, candy, and floss carefully before ice cream, milk, cakes and other bedtime to dislodge plaque from foods containing carbohydrates. the teeth so as to render the nightly

Eventually, these bacteria need to "relieve" themselves and do so by Oral irrigation devices can also excreting an acid which if concen- be helpful in removing food trated in one area, can actually particles after meals, especially dissolve the calcium in a tooth.

If a small colony of plaque remains attached to a tooth surface for a period of time, it can cause localized destruction of the tooth enamel, which left untreated can eventually destroy

Typical "acid attacks" during waking hours are tempered by the presence of saliva in our mouths which acts as a buffer and remineralizing nent deterioration of decayed agent, diluting the acid and therefore it's effectiveness in dissolving of the tooth itself.

decay, the bacteria which we all we've fallen asleep, allowing carry in our mouths must adhere these bacteria to inflict their themselves to the tooth by combin-severest damage to our teeth ing with proteins in saliva and food when we least expect it; while Cavities don't have to happen.

"acid attacks" virtually ineffective.

from around bridgework and other hard-to-clean areas. Replace your toothbrush every few weeks in order to safeguard against reinfecting your mouth with old bacteria which can collect on the brush.

Finally, remember to visit us (at the tooth and the bone support- least) every six months for a checkup and professional clean-

> Left neglected, cavities can lead to root canal infection, permatooth substance, and even loss

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Dr. David J. Halpin B.Sc., D.D.S.



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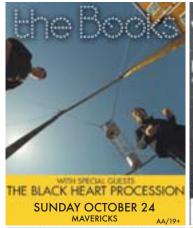
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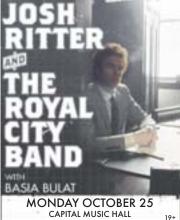




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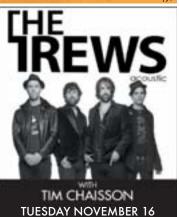














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in Westboro

Breakout rapper K'naan, who is on tour promoting his latest album, Troubadour, talked in a recent interview about Somalia's influence on his work.

Is it ever overwhelming being the voice of Somalia?

only overwhelming when I pause to think about it. But subconsciously it's just something that must be done. I don't really have the time to be overwhelmed by something that must be done. ... (Though) sometimes I'd rather just make music and not really have to come to an entire people's defence.

Did you ever think about just rapping and perhaps downplaying your Somalian connection?

country in heart, spirit and most of all, in music I didn't set out to represent anything, I set out to fix my own problems. By writing those things in a sense it became that I'm writing about Somalia, because there's no way to represent my life in an honest way

There's no place like home

O Somalian-born K'naan says he's still tied to his

Do you feel that the world

without the conflicts in So-

has forgotten about Somalia? I understand why. I understand the silence why. The difference between early '90s and now is that Somalia broke America's heart in the '90s, that's literally what happened. After Somalia, it's the reason why America did not go in to mediate in Rwanda. The result is a million people died.

What are your hopes for So-

Somalia's scenario is that it's not good left alone, and it's even worse intervened. That's the dilemma of Somalia, because we do not accept foreign intervention. ... It doesn't seem like we can fix our own problems either. That's the tragedy of Somalia.

How do you instil Somalia in vour two voung boys since you aren't living there?

It's kind of hard to do that. They learn important values from me and their mom (who is Somalian) ... which I think is culture. But I think to get the complete package, to get the complete feeling, they'd have to live in Somalia, and at some point I hope they can.

THE ASSOCIATED PRESS







A-PLUS ALBUMS



When people ask what I do at ExploreMusic.com, my answer is "I listen to all the bad music so you don't have to." Every week, people from all over the world dozens of CDs, 7-inch singles, MP3s and links to MySpace, Band Camp, Facebook and SoundCloud, all hoping to be featured on the website and the national radio show. Here are a few recent standouts that I highly recommend.

Exit Calm/Exit Calm: Four men from Yorkshire who channel the early floaty, fuzzy sounds of the Verve with ease. Their self-titled debut already has a place on my year-end Top Ten list. Delphic/Acolyte: I've been evangelizing about this Manchester band since last Christmas and finally, their debut record is finally available in North America. It's slinky and sophisticated indie-dance music with DNA stolen from both New Order and Coldplay.

Tamaryn/The Waves: This San Francisco duo is on a number of hipster radars. Hypnotic layers of guitarpop that straddles the line between old 4AD recordings and modern shoegaze.

Deerhunter/Halcyon Digest: There were high expectations for Bradford Cox's Atlanta-based band—and they've met most of them with an album that took just two weeks to record. Halcyon Digest might just be the best American indie record of the year.

Hollerado/Record in a Bag: Four-piece indie outfit from Manotick near Ottawa who really seem to get it. Check out their one-take video for Americanarama on YouTube.

Maximum Balloon/Maximum Balloon: Electro indie-pop created by TV on the Radio's Dave Sitek that would have sounded too far out of place in 1984 as an opening act for either Prince or the Talking Heads. In fact, David Byrne is on the record.

Smoke Fairies/Through Low Light and Trees: English female duo that sings dark English blues-folk that sounds almost medieval at times. I can imagine them opening for Shakespeare at the Globe.









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Makeup tips from

Learn how the show's dancers look so perfect

For the past few weeks we've watched So You Think You Can Dance Canada's aspiring dancers leap, flip and sweat their way to the final four - all while looking perfect.

How do they keep themselves looking composed while performing their numbers? Metro asked SYTYCD Canada's makeup artist Lynne Ryan for her tips on the best way to get your makeup to stay on:

SKIN CARE

You always want to make sure that the skin is well hydrated and protected with a product with an SPF.

EXFOLIATE

Add some kind of exfoliation regime to the skin. This will greatly improve the skin's overall texture and [improve] makeup's lasting power.



gommage (nonchemical face peel), a peeling mask or a very fine scrub every second day depending on your skin type. This will help to remove dead skin and allow the makeup to sit evenly.

Before applying any other products, add a lightweight moisturizer in the summer and heavier lofor the months. If mixed with a small amount of primer, it will help lock in moisture



What You Need

2 tsp. olive oil

1 small onion, chopped 2 cups sliced fresh

- mushrooms 1 cup Israeli couscous, uncooked
- 1-1/4 cups 25%-less-sodium chicken broth 1-1/2 cups small broccoli
- 4 tilapia fillets (1 lb./450 g)
- 2 Tbsp. Kraft Pure Apricot Jam
- 1 Tbsp. Dijon mustard 3 Tbsp. Kraft 100% Parmesan
- 2 Tbsp. chopped cilantro Make it

HEAT oven to 425°F.

HEAT oil in large skillet on mushrooms: cook and stir 5 min. Stir in couscous; cook broccoli; stir. Bring to boil; cover. Simmer 8 min. or until liquid is absorbed.

MEANWHILE, place fish in single laver in shallow pan sprayed with cooking spray. Mix jam and mustard; spread over fish. Bake 10 min. or until fish flakes easily with fork.

STIR Parmesan into couscous mixture; spoon onto 4 plates. Top with fish and cilantro.

Substitute: Prepare using halibut or salmon fillets.

Nutrition Information Per Serving: calories 410, fat 7g (sat 2.5 g), chol 60 mg, sodium 270 mg, carb 49 g, fibre 4 g, sugars 6 g, protein 38 g, vit A 10% DV, vit C 45% DV, calcium 8% DV, iron 15% DV

THIS WEEK ON THE SHOW - RESTAURANT AT HOME > whatscookingtv.com

front centre

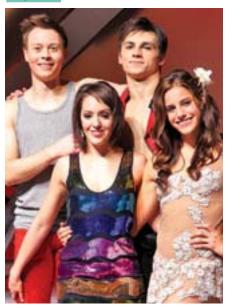
SYTYCD

Top four



FOUNDATION

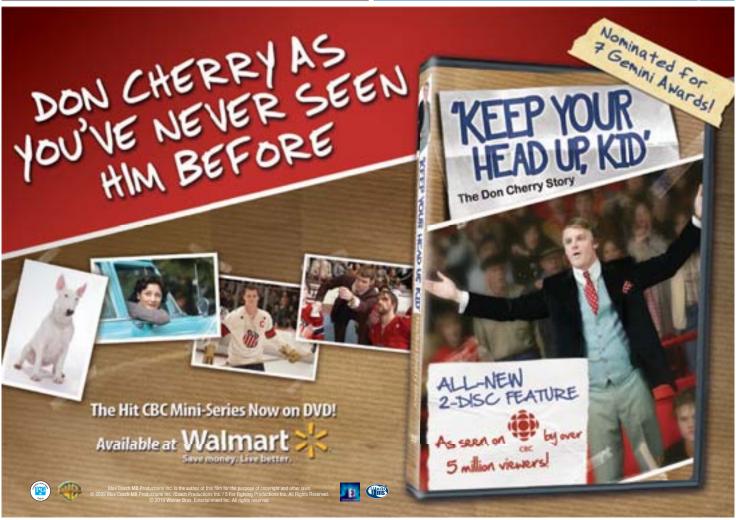
Foundation is best applied with a brush instead of fingers as it will help make your product last longer and lets you get into hard to reach areas. A finishing powder ... helps set the foundation.



A winner will be declared on the season finale this Sunday night. Amanda Cleghorn, 19, from Mississauga, Ont., Denys Drozdyuk, 25, from Toronto, Janick Arseneau, 20, from Bathurst, N.B. and Jeff Mortensen, 22, from Edmonton are still in the running.

➤ The reveal. Canada's favourite dancer will be revealed during a special two-hour live season finale on Sunday starting at 9 p.m. ET.





Questions arise over hospital visit

Aguilera got stitches just days before divorce Husband said she fell

Just days before she announced her split from husband Jordan Bratman, Christina Aguilera reportedly showed up at a hospital emergency room nursing a nasty mouth injury, according to Radar

"Christina was bleeding from her mouth and had a bit of a busted lip," says a source who saw the couple at Cedars-Sinai Medical Center.

"Jordan told the nurses had fallen down. Shortly after they arrived to Cedars, Christina's private surgeon arrived to put a few stitches in her lip.





Lohans worried over court

Today is Lindsay Lohan's big day in court, and she could reportedly be headed back to jail for up to a year, according to Radar

"The fact that (Judge Elden Fox) ordered Lindsay to appear, even though she is currently in rehab and not planning to fight the probation violation, has Lindsay's legal team very, very, concerned," a source

says. Lohan's camp is reportedly preparing for the worst.
"I think everyone close

to her would like to see her go back to rehab, but there's an overwhelming feeling that something is going to happen to Lindsay if she doesn't go away for a long time, so they're reconciling with the fact that she could go to jail for a while," a source says. "People are scared."

Elton John has urged Lindsay Lohan to swap pampering rehab centres for a tough boot camp treatment course - because the troubled actress needs serious professional help with her problems.

The British singer spent years battling drink and drug demons

METRO

Talking points

Iackson's dad looking for big cash

IT'S SO NICE TO SEE HIM GETTING OVER HIS GRIEF Joe Jackson is reportedly looking to get between \$10 million and \$500 million in compensation from the wrongful death suit against Conrad Murray, the doctor for his late son, Michael Jackson, according to TMZ.

Joe believes amount is in "the realistic range of provable damages," according to sources.

"Joe says 20 per cent of his damages are for loss of support, 40 per cent are for emotional distress and 40 per cent are for 'loss of comfort, aid, society and companionship," a source tells the website.

Beckham under fire from PETA

ANYONE ELSE GET THE SENSE PETA IS JUST A BUNCH OF BORED PEO-PLE ALWAYS

LOOKING FOR A FIGHT? Victoria Beckham has come under criticism from PETA for using crocodile and lizard skin and calf leather in her new line of handbags, but the fashionista isn't taking the criticism ly-

Celebrity tweets



John Cho [@JohnThe-Cho] Feel strange personal

triumph that the word MILF has wormed its way into Franzen's Freedom.



Jessica Simpson [A]Jessica Simpson]

Trying to be in a good mood right now...but REAL-LY?!?!?!? Cowboys..



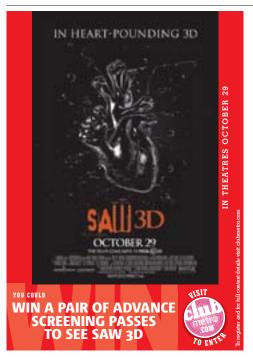
Kanye West [@kanyesponse to

the reaction of my album cover... "I'm deeply sorry if I haven't offended everybody"

"Everyone is entitled to personal opinion and choice, but as with all Victoria Beckham products, the handbags are made to the highest quality and design," a rep for her line according savs. Hollyscoop.

"These skins sit strictly within the (Convention International Trade in Endangered Species) regulations, and are monitored at every step of production.

The skins are farmed in America under very tight guidelines. METRO











The alluring aroma of the food business

Dedication? Check. Sound business plan? Check. • With some effort and some luck your upstart catering biz can flourish



It's been thirty years since Vancouver catering com-pany The Lazy Gourmet started. People would bring in their own dishes, they'd get filled with food and you'd pass it off as your own. Since then the Lazy Gourmet team has done it all, even cooked for members of the British government during the Olympic Games.

They're the exception. According to David Martin, 50 per cent of new food ventures fail within the

In Ottawa:

DISH Catering,

dishcatering.ca: DISH director Erin Clatney balances four kids and an 80-hour workweek to put out high quality menus composed with seasonal, local ingredients. It's paid off, with a client list boasting Parliament Hill, the Ottawa Art Gallery and the National Library among others. What does she have to say to aspiring caterers? "You really have to motivate the people that you work with and instill trust in your clients. Surround yourself with people that know a lot more in the areas that you don't.'

first year. Martin is the director of the Ted Rogers School of Hospitality and Tourism Management at Ryerson University Toronto and he knows this all too well.

"There's mystique about it, a lot of people think it's great, they love people and they love to cook. People come to us for advice and the first thing I say is, 'Do you have a business plan? How are you going to get your customers?' Few think about

Martin says there are certain elements that prospective caterers must consider before taking the plunge.

"What do you want it to become? Work with that and say, 'what are the milestones to success? What's my strength and what are the opportunities in the marketplace?' If you take a look at the total package, you need to identify what you need to overcome and figure out what you need to do overcome

General manager of The Lazy Gourmet Kevin Mazzone says ultimately it's about the reputation you build for yourself. "The food business is very difficult. Really having that trust in our name ... peojust keep coming



life

Halloween

Potlucks for Halloween great for the kids

Here are some tips to help you plan a suc-cessful and enjoyable children's Halloween Share the expense

- and stress of hosting a party with friends and family. A progressive or potluck party distrib-utes the work and ex-
- Since Halloween is on a Sunday this year, plan a party on the eve of the big night. Bake homemade treats in lieu of storebought Halloween cupcakes, cookies and cakes

THE ASSOCIATED PRESS





sports

Quoted

"To the

innocent, it

seemed

discorded and

inconsequent,

bizarre and

paradoxical like

the frantic

darting of

weightless bugs

which run on the

surface of

stagnant pools."

NOBEL PRIZE-WINNING

AUTHOR WILLIAM FAULKNER DESCRIBES AN NHL GAME IN

1955, FROM AN ARTICLE

COMPILED AS PART OF

SPORTS ILLUSTRATED: THE

HOCKEY BOOK. THE NEW

BOOK CONTAINS HOCKEY

STORIES AND PHOTOS FROM

MAGAZINE'S HISTORY

Bautista goes under the knife

Blue Jays slugger has sports hernia surgery Needs about a month to heal

Opposing pitchers can take some solace knowing that even a sports hernia couldn't slow down major-league home run leader Jose Bautista this season.

The Toronto Blue Javs slugger underwent surgery to repair a sports hernia in Philadelphia on Thursday, a procedure that "was done without complication" and will need about a month to

The 30-year-old, who ripped a franchise record 54 homers in 2010, first began experiencing soreness in his lower abdomen in May.

An examination revealed the injury — a weakening of the muscles or tendons of the lower abdominal wall - and team trainers and doctors decided he could keep playing without inflicting more damage.

As things turned out, damage was inflicted on opposing pitchers, as Bautista finished the season with 124 RBIs, 109 runs and 100 walks to go with all the home runs in his first allstar campaign.

He also stole nine bases while providing elite de-fence in right field and third base.

"If we felt he wouldn't have been able to run full speed, or do the things he wanted to, or all those types of things, we wouldn't have allowed him to play," general manager Alex Anthopou-

Jose Bautista played in a career-high 161 games during the sea-

los said in an interview.

"He had it, but it really did not impact him at all."

The injury is believed to have come from wear and tear rather than a specific incident, although it's difficult to identify a specific cause. While a team release said he "tolerated the discomfort" until the season's end, Anthopoulos said if the pain had been bad, they would have done the surgery right away.

"Jose didn't even need to take days off," he said. "If he had pain, at that point we had four, five months left in the year, we would have taken the three-to-four weeks to shut him down and get him fixed and get him back."

Bautista obliterated his previous career-high of 16 homers during one of the best offensive seasons in Blue Jays history. An-thopoulos said his player who made \$2.4 million US last year and is due a big raise in arbitration - is welcome to play winter ball in his native Dominican Republic, but doesn't expect him to. **the canadian press**





A PowerShot with an Extreme Zoom.

The PowerShot SX30 IS has got you prepared for your next. extreme photo opportunity. This point-and-shoot digital camera comes with a massive 35x Wide-Angle (24-840mm) Optical Zoom tens - a first for any PowerShot! It also comes with a 2.7-inch Vari-angle LCD, 14.1 Megapixels, High Dynamic Range, Zoom Framing Assist and much more.













*TABES EXTRA



galaxycamera.com 525 Bank Street (Bank at Catherine St.) (613) 234-8831

NHL

FACTEDN	CONFEDENCE

	GP	W	L	OTL	SL	GF	GΑ	Pts	Home	Away	Last 10	Strk
d-Toronto	6	4	1	1	0	18	13	9	2-1-1-0	2-0-0-0	4-1-1-0	L2
d-Tampa Bay	5	4	1	0	0	17	18	8	2-0-0-0	2-1-0-0	4-1-0-0	W1
d-NY Islanders	6	3	1	1	1	20	17	8	2-0-0-1	1-1-1-0	3-1-1-1	W2
Boston	5	4	1	0	0	16	8	8	1-1-0-0	3-0-0-0	4-1-0-0	W4
Pittsburgh	7	4	3	0	0	23	16	8	2-3-0-0	2-0-0-0	4-3-0-0	W3
Washington	7	4	3	0	0	19	18	8	3-1-0-0	1-2-0-0	4-3-0-0	L2
Montreal	6	3	2	1	0	14	16	7	1-1-1-0	2-1-0-0	3-2-1-0	L1
Atlanta	6	3	3	0	0	18	20	6	1-1-0-0	2-2-0-0	3-3-0-0	L1
Carolina	6	3	3	0	0	17	18	6	1-0-0-0	2-3-0-0	3-3-0-0	L1
NY Rangers	5	2	2	1	0	16	17	5	0-1-1-0	2-1-0-0	2-2-1-0	W1
Philadelphia	6	2	3	1	0	13	17	5	1-3-0-0	1-0-1-0	2-3-1-0	L3
Buffalo	7	2	4	1	0	16	19	5	0-3-1-0	1-2-0-0	2-4-1-0	W1
New Jersey	7	2	4	1	0	13	21	5	0-3-1-0	2-1-0-0	2-4-1-0	W1
Florida	5	2	3	0	0	13	9	4	1-1-0-0	1-2-0-0	2-3-0-0	L1
Ottawa	6	1	4	1	0	12	21	3	1-1-0-0	0-3-1-0	1-4-1-0	L2

WESTERN CONFERENCE GP W L OTL SL GF GA Pts

d-Chicago	8	5	2	1	0	25	21	11	3-2-0-0	2-0-1-0	5-2-1-0	W4
	_	-	_	-	-							
d-Dallas	6	5	1	0	0	21	19	10	2-0-0-0	3-1-0-0	5-1-0-0	W1
d-Colorado	6	4	2	0	0	19	19	8	1-0-0-0	3-2-0-0	4-2-0-0	W1
Detroit	5	4	1	0	1	18	14	9	2-0-0-1	2-1-0-0	4-1-0-1	W2
Los Angeles	5	4	1	0	0	14	9	8	3-0-0-0	1-1-0-0	4-1-0-0	W3
Nashville	5	3	0	2	0	13	10	8	2-0-2-0	1-0-0-0	3-0-2-0	L2
Anaheim	8	3	4	0	1	17	28	7	2-0-0-1	1-4-0-0	3-4-0-1	W1
Columbus	5	3	2	0	0	13	13	6	2-1-0-0	1-1-0-0	3-2-0-0	W2
St. Louis	5	2	1	1	1	14	12	6	2-0-0-0	0-1-1-1	2-1-1-1	L3
Calgary	6	3	3	0	0	11	15	6	2-1-0-0	1-2-0-0	3-3-0-0	L1
Vancouver	7	2	3	0	2	15	20	6	2-0-0-1	0-3-0-1	2-3-0-2	L2
Minnesota	5	2	2	0	1	16	13	5	2-2-0-0	0-0-0-1	2-2-0-1	W1
Edmonton	4	2	2	0	0	12	11	4	2-0-0-0	0-2-0-0	2-2-0-0	L2
San Jose	4	1	2	1	0	9	14	3	1-2-0-0	0-0-1-0	1-2-1-0	L3
Phoenix	4	1	2	1	0	8	10	3	0-1-1-0	1-1-0-0	1-2-1-0	L3

 $d-\text{division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column. \\$

Wednesday's results Chicago 2 Vancouver 1 (SO) Buffalo 4 Atlanta 1

Calgary at Columbus, 7 p.m. Ottawa at Buffalo, 7:30 p.m.

Tampa Bay at Atlanta, 7:30 p.m. Chicago at St. Louis, 8 p.m. Minnesota at Vancouver, 10 p.m.

6 Detroit Rertuzzi 2 16:43

5. Detroit, Franzen 4 (Bertuzzi, V.Filppula)

6. Detroit, Bertuzzi 2, 16:43
Penalties – Meyer Cal (goaltender interference) 8:53, Modano Det (hooking) 9:22, Salei Det (delay of game) 11:12, Giordano Cal (hooking) 13:19, Stuart Det (delay of game) 19:46.
Shots on goal by

Detroit

Goal — Calgary: Kiprusoff (L,3-3-0); Detroit:
Howard (W,3-0-1). Power plays (goals-chances) — Calgary: 0-6; Detroit: 1-5.

Att. — 18,399 (20,066) at Detroit

1. New Jersey, Parise 2 (Zajac, Zubrus) 4:20
Penalties — Clarkson NJ, Moen Mtl (fighting)
3:34.

2. New Jersey, Arnott 3 (Zubrus, Langenbrun-ner) 14:59

Penalties — Gionta Mtl (goaltender interference) 2:10, Plekanec Mtl (high-sticking) 12:51, Clarkson NJ (interference) 16:45, Gionta Mtl (goaltender interference) 17:11, Hamrlik Mtl (delay of game) 18:33.

(delay or game) 16:35. Third Period 3. New Jersey, Taormina 2 (Arnott) 3:38 Penalties — Clarkson NJ (tripping) 5:45, Zubrus NJ (hooking) 11:56.

New Jersey 3 8 9 2 Montreal 10 5 14 2 Goal — New Jersey: Brodeur (W,2-4-1); Montreal: Price (L,3-2-1). Power plays (goals-

chances) — New Jersey: 0-4; Montreal: 0-3.
Att. — 21,273 (21,273) at Montreal.

DEVILS 3, CANADIENS O

3:34. **Second Period**

Shots on goal by

Columbus 3 Anaheim 1

Tonight's games

Third Period

(All times Eastern)

Los Angeles 4 Carolina 3

Last night's results Boston 4 Washington 1 N.Y. Rangers 2 Toronto 1 Anaheim 3 Philadelphia 2 Detroit 4 Calgary 2 New Jersey 3 Montreal 0 N.Y. Islanders at Tampa Bay Dallas 4 Florida 1 Pittsburgh at Nashville San Jose at Colorado Minnesota at Edmonton Los Angeles at Phoenix

RANGERS 2, LEAFS 1

NY Rangers, Fedotenko 1 (Stepan) 16:11
 NY Rangers, Anisimov 2 (Rozsival Calla-

han) 17:12
Penalties — Boogaard NYR, Orr Tor (fighting)
2:21; Kessel Tor (slashing) 5:36; Stepan NYR
(interference) 6:55; White NYR (delay of
game) 12:53; Avery NYR (slashing) 18:11.
Second Period — No scoring.
Penalties — Dubinsky NYR (hooking) 3:41.
Third Dozid.

Third Period

3. Toronto, Armstrong 1 (MacArthur, Grabovski) 11:04

Ities — Lebda Tor (hooking) 1:56; Prust NYR (hooking) 11:16

NY Rangers 15 7 10 3 Toronto 8 11 6 2 Goal (shots-saves) — NY Rangers: Biron (W, 1-0-0); Toronto: Gustavsson (L, 1-1-0). Power plays (goals-chances) — NY Rangers: 0-2; Toronto: 0-5. Shots on goal by

Att. — 19.310 at Toronto

RED WINGS 4, FLAMES 2

1. Calgary, Backlund 1 (Glencross, Sarich) 2. Detroit, Zetterberg 1 (Datsvuk, Holmstrom)

17:29 3. Calgary, Backlund 2 (Morrison, Glencross) 18.10

Penalty — Kindl Det (interference) 5:23.
Second Period

4. Detroit, Lidstrom 1 (Datsyuk, Zetterberg)

9:51 (pp)

Penalties — Staios Cal (holding stick) 2:54,
Salei Det (holding) 6:30, Hagman Cal (hook ing) 8:58, Stajan Cal (tripping) 13:00, Hudler Det (interference) 14:37.

SCORING LEADERS

	G	Α	P
Hossa, Chi	7	4	11
D.Sedin, Vcr	7	3	10
B.Richards, Dal	2	8	10
Stamkos, TB	5	4	9
H.Sedin, Vcr	0	9	9
Sharp, Chi	6	2	8
Crosby, Pgh	4	4	8
Ovechkin, Wash	4	4	8
Cullen, Minn	3	5	8
Getzlaf, Ana	2	6	8
Kopecky, Chi	1	7	8
Liles, Col	0	8	8
Kessel, Tor	5	2	
Roy, Buf	5	2	- 1
C.Stewart, Col	5	2	- 7
Letestu, Pgh	4	3	- 7
Goligoski, Pgh	3	4	
Neal, Dal	3	4	- 7
Martin, Pgh	1	6	- 7
Not including last nigh	t's games		

MLB

Last 10

2010 POST-SEASON

LEAGUE CHAMPIONSHIP SERIES

(BEST-OF-7)
(All times Eastern)
AMERICAN LEAGUE Texas (W) vs. N.Y. Yankees (WC) (Texas leads series 3-2) Wednesday's result N.Y. Yankees 7 Texas 2 Tonight's game

V.Y. Yankees at Texas, 8:07 p.m. N.Y. Yankees ac . . . Tomorrow's gmae ^^V Vankees at Texas, 8:07 p.m.

x-II.Y. Yankees at Texas, 8:07 p.m.
NATIONAL LEAGUE
Philadelphia (E) vs. San Francisco (W)
(San Francisco leads series 3-1)
Last nights result
Philadelphia at San Francisco
Wednesday's result
San Francisco Philadelphia 5
Tomorrow's game
x-San Francisco at Philadelphia, 3:57 or 7:57 p.m.

Sunday's game x-San Francisco at Philadelphia, 7:57 p.m.

NATIONAL LEAGUE

LATE WEDNESDAY

GIANTS 6. PHILLIES 5

GIVILLA	v,			-	LILJJ				
Philadelphia	ab	r	h	bi	San Francisco	ab	r	h	bi
Victorn cf		1		1	Renteri ss	4	0	0	0
Utley 2b		1	1	0	BrWIsn p		0	0	0
Polanc 3b	3	1	2	2	FSnchz 2b	5		1	0
Howard 1b			1	0	A.Huff 1b		2	3	
Werth rf	3	0	1	1	Posey c	5	0	4	2
Rollins ss	4	0	1	0	Burrell If	2	1	0	0
BFrncs If	4	1	1	0	Romo p	0	0	0	0
C.Ruiz c	4	0	1	0	Uribe ss	0	0	0	1
Blanton p	1	0	0	0	C.Ross rf-lf	3	1	1	0
Contrrs p	0	0	0	0	Sandovl 3b	4	0	1	2
DBrwn ph	1	0	0	0	Rownd cf	2	0	0	0
Durbin p	0	0	0	0	SCasill p	0	0	0	0
Bastrd p	0	0	0	0	Ishikaw ph	1	0	0	0
Madson p	0	0	0	0	JaLopz p	0	0	0	0
Gload ph	1	0	0	0	Schrhlt rf	1	0	0	0
Oswalt p	0	0	0	0	Bmgrn p	1	0	0	0
ATorrs cf	2	1	1	0					
Totals	32	5	9	4	Totals	35	6	11	6
Philadelphia					000 040	010		5	
Can Francisco	•				101 012	001			

San Francisco 101 012 001 6 E—Rollins (1). DP—Philadelphia 1, San Francisco 1. LOB—Philadelphia 6, San Francisco 9. 2B—Polanco (2), Howard (3), Werth (1), Posey 2 (2), C.Ross (1), Sandoval (1). CS—Rollins (1), A.Torres (1). S—Blanton. SF—Uribe. IP H R ER BB SO

Philadelphia						
Blanton	42-3	5	3	3	1	3
Contreras	1-3	0	0	0	0	1
Durbin BS,1-1	1	2	2	2	2	1
Bastardo	1-3	1	0	0	0	0
Madson	12-3	1	0	0	1	2
Oswalt L,1-1	2-3	2	1	1	0	0
San Francisco						
Bumgarner	42-3	6	3	3	1	6
S.Casilla	11-3	1	1	1	1	2
Ja.Lopez H,3	1	1	1	1	1	0
Romo BS,1-1	1	1	0	0	0	2
Br.Wilson W,1-0	1	0	0	0	0	1
T-3:40. A-43,515	5 (41,9	15)	at Sa	an Fra	ncis	co.

TRANSACTIONS

BASEBALL

MLB

AMERICAN I FAGUE

DETROIT TIGERS — Agreed to terms with 3B Brandon Inge on a two-year contract. Named Ernie Young manager, Ben Oglivie coach and T.J. Saunders trainer of West Michigan (MWL). In a related announcement, Joe De-Pastino has assumed the role of roving catching coordinator with the organization. He served as West Michigan's manager each of the past three seasons, guiding the club to the Midwest League playoffs all three years. KANSAS CITY ROYALS — Named Doug Sisson

First-base coach.

NEW YORK YANKEES — Traded RHP Andrew
Shive and 2B Matt Cusick to Cleveland to complete the trade that sent RHP Kerry Wood to

GOLDEN LEAGUE

CALGARY VIPERS — Announced the contract of LHP Brant Stickel to the Los Angeles Dodgers.

BASKETBALL

NBA

CHARLOTTE BOBCATS — Waived F Darius Miles and C Matt Rogers. PHILADELPHIA 76ERS — Exercised their Arricase Details — Lead their fourth-year contract option on G Jrue Holiday and their fourth-year contract option on F-C Marreese Speights. Waived F-C Trent Plaisted and G Chris Quinn.

FOOTBALL

DETROIT LIONS—Signed CB Paul Pratt to practice squad.

HOCKEY

COLUMBUS BLUE JACKETS — Placed I W COLUMBUS BLUE JACKETS — Placed LW Ethan Moreau on injured reserve. NASHVILLE PREDATORS — Signed F Steve Begin to a one-year contract and assigned him to Milwaukee (AHL). OTTAWA SENATORS — Recalled D David Hale from Binghamton (AHL).

CFL

WEEK 17

EAST DIVIS	ION					
	GP	W	L	Т	PF PA	
y-Montreal	15	11	4	0	477 375	
x-Hamilton	15	8	7	0	396 369	
Toronto	15	7	8	0	286 393	
Winnipeg	15	4	11	0	411 407	
WEST DIVIS	ION					

	GP	W	L	т	PF PA	Р
x-Calgary	15	11	4	0	505 367	2
x-Saskatchewan	15	9	6	0	425 403	18
B.C.	15	5	10	0	384 397	10
Edmonton	15	5	10	0	304 477	10
x — clinched playe		rth				

Tonight's games (All times Eastern) Montreal at Hamilton, 7 p.m. B.C. at Calgary, 10 p.m.

Toronto at Winnipeg, 4 p.m. Saskatchewan at Edmonton, 7 p.m.

SCORING LEADERS

	TD	C	FG	S	Pts
Maver, Cal	0	56	30	3	149
Duval, Mtl	0	37	30	12	139
McCallum, BC	0	26	35	6	137
DeAngelis, Ham	0	35	29	3	125
Congi, Sask	0	41	26	2	121
Prefontaine, Edm-Tor	0	25	22	8	99
Cates, Sask	15	0	0	0	90

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	- 1	Gŀ	GA	Р
x-New York	29	14	9	6	36	29	4
x-Columbus	29	13	8	8	37	33	47
Kansas City	29	10	13	6	32	34	36
Chicago	29	8	12	9	33	37	33
New England	29	9	15	5	32	48	32
Toronto FC	29	8	13	8	30	39	3
Philadelphia	29	8	14	7	34	46	3:
D.C. United	29	6	19	4	19	44	2

WESTERN CONFERENCE

	GP	W	L	Т	GF	GΑ	Pt
x-Los Angeles	29	17	7	5	42	25	56
x-Real Salt Lake	29	15	4	10	43	18	55
x-FC Dallas	29	12	3	14	41	26	50
x-Seattle	29	14	9	6	38	33	48
x-San Jose	29	13	9	7	33	29	46
x-Colorado	29	12	8	9	42	30	45
Houston	29	8	15	6	38	48	30
Chivas USA	29	8	17	4	30	41	28

x — clinched playoff berth. Last night's result New England at New York

Tonight's games (All times Eastern) Seattle at Houston, 4 p.m. Seatch at Houselin, 4 p.m.

Toronto FC at D.C. United, 7:30 p.m.

San Jose at Kansas City, 8:30 p.m.

Real Salt Lake at Colorado, 9 p.m.

Chicago at Chivas USA, 11 p.m. Sunday's games

Philadelphia at Columbus, 4 p.m. FC Dallas at Los Angeles, 8 p.m.

EUROPA LEAGUE

Yesterday's results Group AManchester City (England) 3, Lech Poznan Red Bull Salzburg (Austria) 1, Juventus (Italy)

Atletico Madrid (Spain) 3, Rosenborg (Norway) 0 Aris (Greece) 0, Bayer Leverkusen (Germany)

Sporting Lisbon (Portugal) 5, Ghent (Belgium)

Lille (France) 1. Levski Sofia (Bulgaria) 0 Group D Villarreal (Spain) 1, PAOK Thessaloniki

Villarreal (Spain) 1, PAOK Thessaloniki (Greece) 0 Dinamo Zagreb (Croatia) 0, FC Brugge (Bel-gium) 0 Group E Sheriff (Moldova) 0, BATE Borisov (Belarus) 1

AZ Alkmaar (Netherlands) 1, Dynamo Kiev (Ukraine) 2 Group F

Palermo (Italy) 0, CSKA Moscow (Russia) 3 Sparta Prague (Czech Republic) 3, Lausanne Sports (Switzerland) 3 Group G Zenit St. Petersburg (Russia) 2, Hajduk Split

(Croatia) 0 Anderlecht (Belgium) 3, AEK Athens (Greece)

Young Boys (Switzerland) 4, OB Odense (Den-Stuttgart (Germany) 1, Getafe (Spain) 0 Group I

Metalist Kharkiv (Ukraine) 2, Sampdoria Debreceni (Hungary) 1, PSV Eindhoven

(Netnerands) 2 Group J Borussia Dortmund (Germany) 1, Paris Saint-Germain (France) 1 Karpaty Lviv (Ukraine) 0, Sevilla (Spain) 1

FC Utrecht (Netherlands) 1, Steaua Bucharest (Romania) 1

Napoli (Italy) 0, Liverpool (England) 0 CSKA Sofia (Bulgaria) 0, Rapid Vienna (Aus-Besiktas (Turkev) 1. FC Porto (Portugal) 3

NFL

WEEK 7

AMERICAN CONFERENCE

EAST						
	W	L	Т	Pct	PF	PA
N.Y. Jets	5	1	0	.833	159	101
New England	4	1	0	.800	154	116
Miami	3	2	0	.600	89	112
Buffalo	0	5	0	.000	87	161
SOUTH						
	W	L	Т	Pct	PF	PA
Houston	4	2	0	.667	153	167
Indianapolis	4	2	0	.667	163	125
Jacksonville	3	2	0	.600	107	137
Tennessee	3	2	0	.600	132	95
NORTH						
	W	L	Т	Pct	PF	PA
Pittsburgh	4	1	0	.800	114	60
Baltimore	4	2	0	.667	112	95
Cincinnati	2	3	0	.400	100	102
Cleveland	1	5	0	.167	88	125
WEST						
	W	L	T	Pct	PF	PA
Kansas City	3	2	0	.600	108	92
Oakland	2	4	0	.333	120	151
Denver	2	4	0	.333	124	140
San Diego	2	4	0	.333	157	126
NATIONAL	L CO	NFI	ERE	NCE		
EAST						
	w	L	т	Pct	PF	PA
N.Y. Giants	4	2	0	.667	134	118
Philadelphia	4	2	0	.667	153	120
Washington	3	3	0	.500	113	119

N.Y. Giants	4	2	0	.667	134	118
Philadelphia	4	2	0	.667	153	120
Washington	3	3	0	.500	113	119
Dallas	1	4	0	.200	102	111
SOUTH						
	W	L	Т	Pct	PF	PA
Atlanta	4	2	0	.667	130	101
New Orleans	4	2	0	.667	130	108
Tampa Bay	3	2	0	.600	80	111
Carolina	0	5	0	.000	52	110
NORTH						
	W	L	Т	Pct	PF	PA
Chicago	4	2	0	.667	112	97
Green Bay	3	3	0	.500	139	112
Minnesota	2	3	0	.400	87	88
Detroit	1	5	0	.167	146	140
WEST						
	W	L	Т	Pct	PF	PA
Arizona	3	2	0	.600	88	138
Seattle	3	2	0	.600	98	97
St. Louis	3	3	0	.500	103	113
San Francisco	1	5	0	.167	93	139
Puges Dotroit						Lote

| Seattle | 3 | 2 | 0 | | St. Louis | 3 | 3 | 0 | | San Francisco | 1 | 5 | 0 | | Byes: Detroit, Houston, Indian Sunday's games (All times Eastern) Buffalo at Baltimore, 1 p.m.

Washington at Chicago, 1 p.m. Cincinnati at Atlanta, 1 p.m. Philadelphia at Tennessee, 1 p.m. Pittsburgh at Miami, 1 p.m. St. Louis at Tampa Bay, 1 p.m. Cleveland at New Orleans, 1 p.m. Jacksonville at Kansas City, 1 p.m. San Francisco at Carolina, 1 p.m. Arizona at Seattle, 4:05 p.m. Oakland at Denver, 4:15 p.m. New England at San Diego, 4:15 p.m. Minnesota at Green Bay, 8:20 p.m. Monday's game N.Y. Giants at Dallas, 8:30 p.m.

NBA

PRE-SEASON

Last night's results New Orleans at Oklahoma City Miami at Atlanta Houston at San Antonio Denver at Portland At Columbus, Ohio Cleveland 83 Milwaukee 77 At San Diego Golden State vs. L.A. Lakers



:::

33

Crossword

ACROSS

- 1 Height of fashion? 4 Author Stoker
- 8 Earthenware pot
- 12 "The Greatest"
- 13 Tiny bit
- 14 Tire (out)
- 15 Church VIP 17 Relaxation
- 18 Big bothers
- 19 Draw conclusions
- 20 The fifth element
- 22 Portend
- 24 First victim 25 Reeve role
- 29 Parcel of land
- 30 Paycheck extra
- 31 Anger
- 32 Final courses 34 Fit of peevishness
- 35 Dregs
- 36 Lummox 37 Started
- 40 Close
- 41 Eager
- 42 Vitamins' partners 46 Longtime CNN in-
- terviewer
- 47 Cupid's alias
- 48 NAFTA member
- 49 Otherwise 50 Arrests
- 51 Carpet
- Down
- 1 Overactor
- 4 Plain figure?
- 5 Deteriorates
- 6 Packed away
- 7 Scratch

2 Yale student

- 3 Mosque towers

 - 33 Gunk
- 8 First game

- 9 Goldbrick 10 Come in last
- 11 Mimic 16 Pedestal occupant
- 19 Mid-month date
- 20 Hairless 21 Reed instrument
- 22 Batter's tactics
- 23 Piece of work 25 Aching
- 26 Labyrinth beast 27 Desert-like
- 28 Profits
- 30 Existed
- 34 Speak unclearly

SG. 36 Kasparov's game 37 Prepare a casse-

42

3.3

role 38 Satan's specialty

ж.

- 39 Traps 40 Uppity one 42 "Two and a Half -
- 43 Playwright Levin 44 Baton Rouge sch.

45 Droop



¥ï

-II:

Sudoku

7	9				4	6		
4			6	1	-			8
					3	9		
		7		6				2
	3						8	
2				7		4		
		1	5					
3				4	2			5
		8	1				9	7

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	7	3	6	9	8	5	2	4
2	8	4	5	7	3	1	6	9
5	6	9	4	2	1	7	3	8
7	3	5	9	4	2	8	1	6
8	4	6	3	1	7	9	5	2
9	1	2	8	6	5	4	7	3
4	5	8	1	3	6	2	9	7
6	2	1	7	8	9	3	4	5
3	9	7	2	5	4	6	8	1

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Ken, I love you so much! Thank you so much for contacting me on Facebook almost four months ago! I am loving spending the rest of my life with you. LOVE C.

My one and only, M. Babe, over these past 6 years, you've made me happier than anyone ever could. I want to thank you for everything you've done for me. You mean the world to me

I LOVE YOU, YOURS FOREVER, C Sniffer, Your smile and your love is what makes life so beautiful to me. Happy Birthday

LOVE MALMY

Alisa. I love you so much. So very happy your in my life. Have a great day Sweetheart !.

YOUR MAN MIKE

Pancake, I am very thankful for having you because you always make my heart smile. I love you. LOVE, MUNCHKIN



expanded horoscopes, go to metronews.ca

. : 45.

For today's crossword answers and for

Today 5'/-2" Variable





Today's horoscope

T Aries March 21-April 20 You are under no obligation to work your fingers to the bone just to please other people. They may have got themselves in a bit of a mess but that's not your fault.

¥ Taurus April 21-May 21 Your confidence may be high right now but the moment you start to believe that nothing can possibly go wrong is the moment when it most likely will.

II **Gemini May 22-June 21** The more you want something to happen the more likely it is you will overreach yourself and make the kind of mistake that you usually go out of your way to avoid. Don't be too eager today. Let life come to

Gancer June 22-July 22 Even if you are the kind of Cancerian who rarely strays far from home you will be on the move today. Where you go remains to be seen but make sure that you, and you alone, set the travel agenda.

 Leo July 23-Aug.23 It's not like you to avoid reality but it seems you want nothing more at the moment than to lose yourself in daydreams. And why not?

My Virgo Aug. 24- Sept. 22 Someone seems to have got it into their head that you will grant any favor they ask of you. It would be nice if you were in a position to do so but vou're not and you need to avail them of that fact quickly.

△ Libra Sept. 23-Oct. 23 Resist the urge to rush things, especially on the work front where you won't do your reputation much good if you cut corners and make mistakes as a consequence

M Scorpio Oct. 24-Nov. 22

Mars, planet of ego, squares up to Neptune, planet of deceit, today, so it might be wise to check, then double check, everything you are told.

→ Sagittarius

Nov. 23-Dec. 21 Be warv of those who try to confuse you by introducing irrelevant facts and figures into your conversation. The situation you are currently involved in is quite simple really. Stay focused on the central point so they can't cheat.

り Capricorn Dec. 22-Jan. 20 This is a good day for talking

with friends and learning from their experiences, but don't immediately rush out and try to do what they have done.

Aquarius Jan. 21-Feb. 18 By all means enjoy yourself but stay within your limits too. The planets warn you could get carried away and do something that invites trouble into

⊢ Pisces Feb. 19-March 20

With Mars squaring up to your ruler Neptune today there is a danger you could be a bit too optimistic for your own good. Confidence is a good thing, of course, but too much of it can cause problems. Steer clear of



You write it! Write a funny cap

tion for the image to the right and send it to play@metronews.ca the winning caption will be published in tomorrow's





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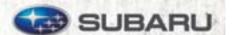
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